Chichester Herald

Friday 7th December 2012
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Bridging the gap

>> *District Council to protect parishes from Government cuts*

Susanna Read
REPORTER
NEWS@CHICHESTERHERALD.CO.UK

CHICHESTER DISTRICT COUNCIL has this week agreed to protect parish councils from Government cuts, following changes to council tax benefit.

Although the Government has promised a grant to assist with the loss of funding, it is not expected to cover the full amount, which is likely to be around £200,000. Chichester District Council has agreed to bridge the gap.

"New rules introduced by the Government mean that from April 2013, council tax benefit will be abolished and replaced by local support to help people pay their council tax," says Cllr Tony Dignum, Cabinet Member for Finance at Chichester District Council.

He added: "Funding for the scheme will be cut by 10%. This will affect West Sussex County Council, Chichester District Council, the Police and Parish Councils.

"The Government has said that the 3,600 pensioners who claim council tax benefit and live in the Chichester District will be protected from any benefit changes. This means that the overall 10% cut, would amount to nearly a 20% cut for non-pensioners. However, we are recommending that that no general reduction is made in benefit for the remaining 4,200 people who claim support and are of working age.

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MIDHURST PRINTS TEN THOUSAND POUNDS TO BOOST THE LOCAL ECONOMY *Page 16*

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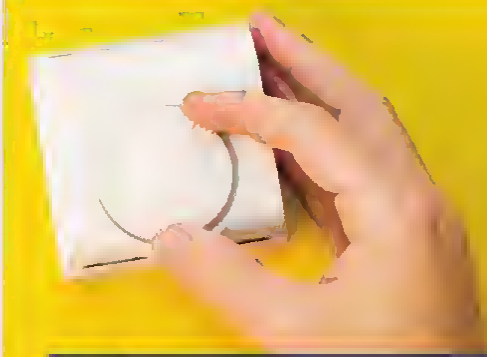

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Bishop's in Chichester

• Record Office helps comedian trace his roots

WEST Sussex County Council archivists have helped top comedian John Bishop discover his family ancestry.

He visited the Record Office in Chichester to film scenes for BBC One's 'Who Do You Think You Are?'

The popular documentary series, produced by Wall to Wall (a Shed Media company), delves into the ancestry of some of Britain's most famous faces, taking them on personal journeys to discover remarkable family secrets.

John Bishop – a regular panellist on 'A League of Their Own' and host of stand-up/sketch show 'John Bishop's Britain' – finds himself in Chichester as he uncovers his great-great-grandfather's intriguing past for the episode, which is set to air on Thursday December 6 on BBC One at 9pm.

Nichola Court, Searchroom Archivist at West Sussex's Record Office, was involved in helping him find out more.

She said: "It was an interesting story and John was really keen to find out about his family background.

"He asked lots of questions about the relative who brought him to Chichester.

"We were only able to do a very narrow bit of research on this particular ancestor but it's a quirky story."

Lionel Barnard, County Council Deputy Leader responsible for the Record Office, said: "We were delighted to be able to help John Bishop to discover more about his ancestry.

"It sounds like some fascinating discoveries were made and I'm looking forward to seeing how the tale unfolds."

The Record Office helps thousands of people to trace their family history and hosts regular genealogy events and workshops. For more information, contact the Record Office on 01243 753602 or visit www.westsussex.gov.uk/recordoffice.

Concerns over death rates at hospital

DEATH rates are 'alarmingly high' at a Sussex hospital trust, according to an influential report.

Western Sussex Hospitals NHS Trust was singled out as one of 12 trusts nationwide where the number of patient deaths were above the expected level the Government backed Dr Foster Hospital Guide found.

The trust, which runs St Richards in Chichester, was one of 12 trusts nationwide where death rates were higher than expected in two out of four of the categories of mortality measures.

Overall death rates in the trust – known as hospital standardised mortality ration (HSMR) – was marginally outside the expected range for 2011/2012 – however the trust said the figures were now better than average.

They also failed to meet the Dr Foster's expected levels of summary hospital-level mortality indicator (SHMI) which also includes deaths within 30 days of discharge from hospital, however the trust said that NHS Choices data measured the number of deaths as within the expected range.

Continued from page 1

"In August, we asked our residents how they felt we should cover this shortfall. Following this consultation, we believe that the best way to deal with the loss of funding is to remove council tax discount and exemptions from those who own a second home or empty property. This will help us to cover the 10% that we need to find. We will now be recommending to Full Council that we implement these changes.

"However, this doesn't necessarily work in the same way for all of the parishes, because some areas do not have many empty properties or second homes. Although the Government has promised a grant to assist parish councils, we do not believe that this will cover the total loss. Due to this, we have decided to bridge the gap, so that there is sufficient resource available to make sure that all parishes are treated the same. As a result the District Council is making sure that no parish is worse off as a result of these changes to the tax base."

Further recommendations that will now be made to Full Council include:

• setting a minimum payment of £1 per week. Any claims under this will be disregarded. This applies to only 20 claimants who receive on average 65p a week – with one claimant getting 8p a week.

• to remove the second adult rebate for working age people from 1 April 2014 and not to accept new claims from 1 April 2013. Only 34 people will be affected by this change.

• to disregard income from War Disablement Pension, War Widow and Widower's Pension for council tax support purposes for all claimants.

Anorak Corner
Did you know? A taster of Chichester facts and figures.
The Romans called Chichester Noviomagus which means new market place.

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Nat King Cole could pitch up singing

Tommy Boyd

ROYAL HOAX PHONE CALL

If there had been some point to it maybe yes But the message seemed to be "Hey guys we tried to get a call in to Kate by pretendin to be the Queen " If that's what Republicans call wit they should cop e look el her Maj in the 007 Olympics spoot She's everything your Aussie DJ isn't classy, e world figure much loved and understated And guess what cobbers? She's funnier than you too

CHANCELLOR'S AUTUMN STATEMENT

Poor George is trapped..boost the economy and opponents will cry "U Turn!" Carry on with austerity and he's doomed at the next election Yet Shadow Chancellor Ed Balls response was the most inept front bench performance I can remember And he wants to be Prime Minister? Sports psychologists talk about some people having a fear of winning

POISONED CHALICES

The job of Prime Minister is identical to England football manager You're going to end up hated or ridiculed Why do it? Genuine belief in oneself Good for them Someone's got to do it

LEVESON

He should have advocated regulating newspaper readers The press give the public what they want It the reportage is morally wrong we should fine the people who buy the stuff repeatedly Or impose a minimum price for newspapers who transgress like we're about to do with alcohol The only paper with any integrity is the Guardian which I hear lost £40m last year, while 2 million people became regular readers of the new Sun On Sunday

CHRISTMAS IN CHICHESTER

Much as I'd like to think I could do better Chichester gets Christmas about right We are overlooked by a breathtaking Cathedral there's enough going on around the Cross the shops do their bit The thing is no-one goes over the top, cheesy or gaudy

CLASS ACT

Fact Is we're a class act. Nat King Cole could pitch up singing "Chestnuts roasting on an open fire... " and we'd go "North Street for that one please Mr King Cole " On the other hand if Noddy Holder showed and began belting out "So here it is Merry Christmas " we'd point him along the coast But yes..like most Chichesterites I think I could do better

WHAT WE GET FROM EVENTS

I have a good friend who pays good money to go to good events Rarely is he touched by the intended spirit of the thing but still he has a ball Why? He clocks everything and works out how he'd do it better This is very important. Either you're a player in life or you're a spectator

BYE BYE BIKE SHOP

Sad to see the bike shop boarded up in South Street There's something charming in a slightly retro sense about the bunch of shops down there as you get close to the station A sweet shop a pet shop a chippie and a tattoo shop A High Street benefits from a bike shop

JOKE

What did the dad buffalo say to his son on his first day at school?
Bison

Let us know what you think
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Tweets of the Week!

All tweets are from Chichester people or about the area
(Some tweets may contain errors)

@EmilyBuck93
"So Chichester is probably the only place without snow Whyyyy #itsnotfair"

@alexstanhope
"Residents of Chichester I see that meat pie/dog food smell is in the air again What is it? Shipparns going into night-shift overdrive?"

@NickSutherland9
"Wagamumas is coming to Chichester opposite Trents in South Street in the new year"

@ChichesterDC
"Phase one of the redevelopment of the New Park Centre in #Chichester has been officially opened today"

@radicalj
"#ChichesterFirst night at New Park Chichester Players present David Copperfield Break a leg guys!"

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Chichester
FREE EVERY FRIDAY
HERALD

Chichester Herald [illegible] available for self selected pick up / delivery Friday across Chichester and the surrounding area in a wide variety of locations with a weekly readership of up to **75 000.**

Distribution locations include Tesco Sainsbury's Waitrose, Iceland Chichester bus station Chichester train station Westgate Leisure Centre Nuffield Fitness & Wellbeing Cineworld newsagent One Stop Chichester College plus **314 newspaper stands** in the area. Chichester Herald also in all coffee shops We also distribute at east and newspaper to the majority of businesses in your area including industrial estates and the outskirts of the city

Pick-up point areas and businesses delivered to include:
Aldwick Arundel Barnham Birdham Bosham Brackleshan Chichester Fontwell Goodwood Midhurst Nyetimber Pagham Petsa Green and East & West Wittering

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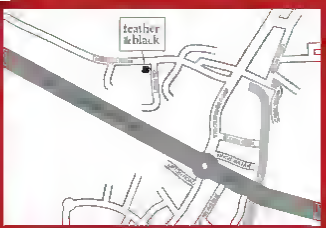

*All clearance products are subject to availability and are sold as seen

Arrests after failed attempt to rob Barnham store

POLICE made two arrests less than two hours after a failed attempt to rob a Barnham convenience store.

Just before 6.30pm on Saturday 1 December a suspect, described as a teenage youth, walked into the Barnham Supersave store in Lake Lane, Barnham, produced what appeared to be a handgun, and demanded money. However when the sole member of staff went to phone the police, he ran off empty-handed and got into a car waiting nearby which sped off. The staff member, a man, was shaken but unhurt.

As a result of immediate police enquiries, a silver Mercedes saloon was stopped just under two hours later by unarmed officers at the A27 junction with the A22 at Polegate in East Sussex. Two men were arrested on suspicion of attempted robbery. A boy was later arrested at a Bognor address on suspicion of the same offence.

The trio, one aged 32 of no fixed address, one aged 35 of Bognor, and a boy aged 15 also from Bognor, were later released on police bail until Friday 7 December while police enquiries continue.

Detective Constable Joe Beresford said: "We are keen to hear from anyone who saw what happened, so if you can help please call us via 101 quoting serial 1317 of 1/12. You can also contact independent charity Crimestoppers on 0800 555 111."

Police investigate Arun thefts

SUSSEX Police are investigating a series of thefts from trades vehicles in the Arun district.

Thieves have been targeting vehicles particularly in the Barnham, Eastergate, Yapton, Walberton and Fontwell areas.

Between Friday 23 November and Monday 26 November nine of these thefts have been reported to police.

High value tools have been taken, including a specialist winch stolen from the truck of a tree surgeon in Arundel Road, Footwell, overnight between Thursday 22 and Friday 23 November, meaning the owner can't work.

Police are advising that wherever possible tools and equipment are postcode marked and serial numbers are recorded to ensure identification in case tools are recovered in the future. They also advise that vehicles are locked, even if you are working close by.

Anyone who has information regarding the thefts, or anyone who notices anything suspicious is asked to contact Sussex Police on 101 or the independent charity Crimestoppers anonymously on 0800 555 111.

Cyclist dies after Bognor collision

A CYCLIST who was seriously injured in a Bognor collision has died of his injuries.

The 23-year cyclist, Mr Luca Grul, 23, of Chichester Rd, Bognor, was in collision with a silver VW Passat saloon in the A29 Shripney Road, Bognor, at the the junction with the A259 Chichester Road, at about 3.20pm on Friday 30 November.

He was taken by road ambulance to the neurological centre at Southampton General Hospital with serious head injuries, but sadly died there on Sunday morning, 2 December.

The 41-year old Chichester man who was driving the Passat was not hurt.

The road was closed for some four hours while the scene was investigated and cleared, and police and highways authorities appreciate the patience of drivers who will have been delayed and inconvenienced.

PC Bob Blair of the Sussex Road Policing Unit at Arundel said: "Anyone who saw what happened is asked to call us via 101 quoting Operation Fencer. You can also email collision.appeal@sussex.pnn.police.uk."

Common-deered

AS PICTURED, these two deer were stolen from a garden on the outskirts of Chichester. The first was taken in September last year and the second of the pair was taken last week.

Enjoyed in the garden for many years, the bronze-imitation deer were attached to buried concrete bases and it is possible that their hooves were damaged during their thefts. They are not bronze and are of little scrap value.

If you have any information that may help to recover the deer, please contact Sussex Police on 101 quoting Reg. AD40721.

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WESTGATE LEISURE CHICHESTER have announced an extra special offer to help keep the whole family entertained over the Christmas period.

From Thursday 27 to Monday 31 December, those aged under 16 can swim for free during all public swimming times at Westgate Leisure Chichester.

Swimming is one of the most popular leisure pursuits. Westgate Leisure Chichester has some of the best swimming facilities in the area. The complex offers three pools and a water slide at Via Ravenna, Chichester. The main pool, which is one of the largest on the south coast, offers dedicated swimming lanes for those who want to swim without interruption. It also offers an area for those who want to take a more leisurely approach.

For those who want more thrills and spills, the leisure pool boasts a 55 metre water slide and aqua catch.

For more Christmas opening times, terms and conditions and pool programmes please see the swimming pool pages on Westgate Leisure's website www.westgateleisure.co.uk, call 01243 785651 or aquadial on 01243 521252.

Let's talk Cosmetic Surgery.

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FREE TALK

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West Sussex Young People 'Take Over'

[illegible] County Leader Louise Goldsmith with (left to right) [illegible] Megan Lenhard, Ryan [illegible] Mia Rose and Amelia Jones

YOUNG people in West Sussex experienced the world of work as part of Takeover Day recently.

Takeover Day - which is organised nationally by the Children's Commissioner for England - offers children and young people across the country the opportunity to work with adults and get involved in decision making in all kinds of organisations.

Backed by West Sussex's Voice and Engagement Team (part of the Youth Support and Development Service), more than 300 young people took part in the day locally.

Their roles ranged from spending the day shadowing Louise Goldsmith, Leader of West Sussex County Council, to observing passport control at Gatwick Airport.

Louise said: "Takeover Day was an inspirational experience.

"I felt the contributions we received, coming from a young person's perspective, were very refreshing.

"I'm sure I am not alone in saying I very much enjoyed the day, which proved insightful and useful – I'm sure everyone involved, both young and old, were able to learn something new."

Robert Fernie, 21, from Chichester for a spent the day with Louise. He added: "It was really educational as I didn't realise how much goes into running a Council.

"It changed my aspirations as I was treated like someone who has something to offer."

Fourteen-year-old Peter Hetherington worked at Gatwick Airport, where he discovered more about immigration and had the opportunity to sit behind passport control and observe bag searches.

He said: "It was really interesting to go behind the scenes and find out things that people don't know about. Everything is really precise."

A group of young people, acting as journalists, also spent time with Peter Evans, County Council Cabinet Member for Children and Families.

He said: "I am pleased to see so many people getting involved in this year's Takeover Day.

"Young people can benefit from experiencing working environments as well as being able to get involved with decision making at various levels.

"At the same time businesses and organisations were able to have a chance to gain an insight into their work from a younger person's perspective."

Young people also experienced work at other organisations across the county, including Sussex Police and the Novium Museum at Chichester.

Have your say on changes to Chichester Controlled Parking Zone

CHICHESTER residents have until Thursday, December 20 to respond to proposed changes to the city's Controlled Parking Zone (CPZ).

West Sussex County Council has invited residents to comment on whether they would like to see any changes made to the parking restrictions in their roads.

As part of the exercise, residents in areas outside the current CPZ are also being consulted on proposals to extend it.

Site offices are being put up in each of the roads affected.

Plans of all the proposals are available to view at Chichester Public Library and the offices of Chichester District Council during normal opening hours.

The plans can also be seen online at www.westsussex.gov.uk/tro.

Any comments about the proposals must be received by the County Council before the deadline.

Comments must be sent either via a response form on the County Council website, by e-mail to tro.team@westsussex.gov.uk or in writing to TRO Team, West Sussex County Council, The Grange, Tower Street, Chichester, PO19 1RH.

All correspondence needs to quote reference no. TRO/CHS016/KC and include a full name and address for it to be considered.

Library and district council staff will not be in a position to answer questions on the proposals.

The results will be reported to the South Chichester County Local Committee meeting in February, when a decision on whether to implement the proposals will be made.

Chairman of the South Chichester County Local Committee, Mike Hall, said: "This is an important decision for the city so please make your views known."

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(Pictures for illustration only) TAKE AWAY ON THE DAY

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Award for outstanding contribution

A MEMBER of Chichester Festival Youth Theatre has won an award to mark her outstanding contribution to the group

Twyla Dosoo, aged 18, received the John Hyland Award in recognition of her commitment, skill and enthusiasm. She has been a Youth Theatre member for three years, and during that time has been fully involved in a variety of projects including:

- Supporting charity organisations and events with St Wilfred's Hospice, Children on the Edge and Chichester Rotary Club
- Choreographing and co-ordinating Youth Theatre street art performances
- Taking on a voluntary Assistant Stage Manager's role for the Shakespeare Schools Festival and NT Connections projects
- Participating in KENEW fundraising committee meetings

Twyla also belongs to the Technical Youth Theatre and completed a backstage work placement on the Festival 2012 production The Resistible Rise of Arturo Ui. Her dedication was noted by Chichester's Artistic Director, Jonathan Church.

"Her steady enthusiasm, advanced understanding of how this theatre works and quiet intelligence allowed her to benefit from her placement in a way that few young people do. She is an fabingly positive, enthusiastic and generous with her time," he said.

"The John Hyland Award goes to somebody who truly embodies the spirit of the Youth Theatre, and Twyla has been a great ambassador for both the Youth Theatre and the Festival Theatre as a whole over the past three years."

John Hyland, a local school teacher, was Chairman of Chichester Festival Theatre in its early days, Secretary of the Theatre Society and a Board Member of the Productions Company. He and his wife Sue were responsible for setting up Chichester Festival Theatre's audio description service.

Following his death in 1997, a memorial award was created in his name. This recognises his huge support for Chichester Festival Youth Theatre's work and his passionate belief in the importance of young people's education.

Popular Selsey WEEE mobile recycling events will continue, decides West Sussex County Council

A TRIAL West Sussex County Council project to collect broken or unwanted electrical items has proven so successful that further funding has been secured to continue it for another year.

Mobile Waste Electrical and Electronic Equipment (WEEE) events will continue to be carried out at Selsey's East Beach Car Park every two months, starting on Friday, January 25 between 9am and 2pm.

The first trial began in November last year, following the County Council and its partners being successful in gaining funding to take electrical recycling mobile and help achieve government aims to increase WEEE recycling.

A total of 33 tonnes of electrical waste was collected during the year's trial, at an average of 5.5 tonnes per event. This included more than 900 TVs and monitors.

Among items collected were hairdryers, microwave ovens, old televisions and even a mini jukebox.

The extension follows the decision to trial a similar service in the Chanctonbury area until April next year, but which will be reviewed in February next year.

The trial is being run by West Sussex County Council in partnership with Viridor, which operates the site, Chichester District Council and (PCS) Electrolink in order to further encourage recycling of small WEEE items and to provide a more localised service in rural communities.

The events will accept a wider range of WEEE next year, including large white goods fridges and freezers, fluorescent tubes and bulbs, household batteries in addition to display equipment such as televisions or laptops and small electrical appliances.

Selsey WEEE events will take place on January 25, 2013, March 22, 2013, May 31, 2013, July 26, 2013, Sept 27, 2013, November 29, 2013.

For any items that can't be accepted, the nearest household waste recycling site is at Chichester Household Waste Recycling Site at Couch Road, Westhampnett, PO18 0NS.

Alternatively please visit www.recycleforwestsussex.org/recycling-sites/

Arts Awards for Chichester Festival Youth Theatre members

ELEVEN members of Chichester Festival Youth Theatre have received a nationally recognised qualification which supports their creative activities and professional development within the arts.

Chichester Festival Theatre's Artistic Director, Jonathan Church, presented eight Bronze and three Silver Awards to members of the Technical Youth Theatre.

The Arts Awards scheme is run through a partnership between Arts Council England and Trinity College, London.

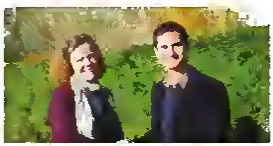
The qualification was set up to provide young people with the opportunity to learn new creative and leadership skills, build links with arts professionals and share experiences in an arts setting. Arts Awards are offered at five levels to anyone aged between 7 – 25, with no entry requirements or time limits for completion.

Christmas Fair
Saturday 8th December @ 1.30 pm
New Park Centre, New Park Road, Chichester, PO19 7XY
"Come and meet Santa Claus"
Fun and Games
Tombola / Activities / Games
Toys
Gifts for mum!
Raffle (win a Christmas Hamper)
Crafts
Refreshments
Mini-makeover
And lots more.....
Admission £2 adults / 50p children
£2 to meet Santa (including photo/present)
This event is sponsored by Painted Lady www.thepaintedlady.co.uk 01243 785...

Chichester Free School announces new Principal

CHICHESTER FREE SCHOOL has announced its first ever Principal who will start work on 5th April 2013.

Guy Martyn was selected from a group of outstanding candidates and joins Chichester Free School from Bristol Grammar School, a high achieving all through Independent day school for girls and boys from 4-18, where he is currently Deputy Head Teacher.



The new Principal of the Free School brings a deep understanding of how successful schools build a culture of high behavioural standards and outstanding academic achievement, very much in line with the values and ethos behind Chichester Free School, which welcomes children aged 4-18 from Chichester and the surrounding areas, regardless of faith, academic ability, gender, background or race.

The focus for the new school is to deliver a broad and balanced curriculum to an excellent standard alongside challenging co-curricular opportunities in a nurturing and supportive environment, to ensure the pupils are given the best opportunities for achieving their full potential.

Principal Guy Martyn comments: "I firmly believe that outstanding opportunity should be available for all. My focus will be on creating a safe, caring and exciting culture at school where mastery of the fundamental skills of English, Maths and Learning will lead every student to work creatively towards their own success. Co-curricular opportunities will enable students to discover the purpose of learning, of being at school and how good doing all these things actually is for them. I am very excited to be a part of making history in the surrounds of Chichester and relish this challenge!"

Applications for September 2013 admission are open until 31st January 2013 and can be submitted at www.chichesterfreeschool.co.uk.

The next roadshow offers a chance for people to meet the new Principal and find out more information takes place on Wednesday 12th December at Swanfield Park Community Centre in Chichester between 7.30-9.00pm. Further social meet ups take place on Wednesday evenings throughout December, where parents are more than welcome to come and meet the team, have a chat and ask any questions they have about the Free School.

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Thousands of visitors raise thousands of pounds!

IT WAS a hoot of a time at the Aldingbourne Country Centre as thousands of visitors enjoyed getting into the festive spirit at the Country Centres Magic of Christmas event.

Mums, dads, grannies and grandads shopped for Christmas stocking fillers and kept warm with a glass of mulled wine and a homemade mince pie.

Father Christmas was the star attraction many children watched in awe as he arrived on his sleigh down Blackmill Lane to the Country Centre – courtesy of Chichester Lions Club.

He then agreed to meet and greet hundreds of excited children, in the Barn in the heart of the Country Centres woodland walk and the elves were on hand to help children write their "wish lists" to him...which a total of 878 letters were posted in the elf mail box and Mi Mi the owl promised Father Christmas she would fly them all to the North Pole so he could reply to them later.

One parent, Mrs Stephens said: "It was so magical seeing Father Christmas arrive on his sleigh, it brought a tear to me eye. To see the excitement in my sons face when he met him was definitely worth the 2 hour wait."

Owls 4 U – regular supporters of the Trust, were back by popular demand and children were able to hold and have their photo taken with real life owls. Children then went off to walk a festive goat, hold a guinea pig, meet a variety of animals on the Open Farm and even have a go at guessing the weight of Samson the Turkey.

Many local crafts people supported the event by having a stall in the Christmas marketplace and Christmas carols were played throughout the day ensuring everyone got into the Christmas spirit.

Michelle Mckinley Bell, the Trusts Enterprise and Development Manager, said: "It was amazing to see the centre thriving with so many visitors all having so much fun. I would like to thank everyone who volunteered on the day and to all our supporters who attended the event. In particular I would like to thank Chichester Lions for arranging for Father Christmas to visit, as this was definitely the highlight of the day."

Over £12,477 was raised on the day, which included a generous donation of £1,400 from John Penny, Foundation Chairman of Arundel Rotary Club – which has been ring fenced to improve the centres remote control car attraction for next year. The rest of the money raised will go towards the Trusts £4 million fundraising appeal to expand facilities such as the café, shop and conference facilities which will support adults with learning disabilities to gain and develop skills to live independently and gain employment.

The Country Centre is open until 4pm on 19th December, so if you missed out on this event, you could still visit and do last minute Christmas shopping, visit the animals on the open farm or enjoy a Christmas dinner in the licensed café. For more details on the Trust please visit www.aldingbournetrust.co.uk or call 01243 542075.

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All staff are highly trained and we are currently implementing the Gold Standard framework. The home has always received high appraisals from the Care Quality Commission and strives to maintain and improve our service.

We can care for Independent, dependant and physically disabled elderly with a few places for those who are delightfully confused. You are welcome to come and look around any time.

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Royal Bay Nursing Home is based in Barrack Lane, Bognor Regis and is registered to provide Nursing Care to older persons and young people with disabilities. The home has trained nurses on duty 24 hours a day, leading a team of carers most of which have been trained to NVQ level 2 and above.

If you would like to see for yourself everything we have to offer with no obligation please call Jan, our new Manager or one of her nursing team who will be happy to show you around this lovely home at a time to suit you.

At Royal Bay we believe a home should be ..
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- A home where care, dignity and compassion always take priority
- A niche providing quality person centred care
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Royal Bay Nursing Home | 86 Barrack Lane | Bognor Regis | West Sussex | PO21 4DG
Tel No: 01243 267755 / 267761 Fax No: 01243 266123
Email: jan.evans@royalbay.co.uk or info.royalbay@btconnect.com www.royalbay.co.uk

PSSST! WANT TO WIN £2013 TO START 2013 WITH?

A little bird tells us that your favourite local radio station is going to be giving away a fantastic cash prize, live on air on New Year's Day. Just listen to Spirit FM, remembering that...

THE BIRD IS THE WORD!

Next year might have '13' in it, but it won't be unlucky for one of our listeners. As Spirit FM celebrates the end of another successful year, we'd really love to feather someone's nest to the tune of **£2,013.**

Each week in December you need to listen for the Bird is the Word password. Collect the names of all four birds, one per week, and then enter the draw at www.spiritfm.net .....**BUT BE WARNED!** The word will only be played **ONCE A DAY.** and could happen **AT ANY TIME**, so pin back your ears!

Commencing on Monday 3 December (with a new password every Monday in December thereafter), the winner will be drawn live on air on the breakfast show on New Year's Day.

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Tis the season...FINALLY!

Gracie Cliffe

I HAVE been waiting not so patiently for December to arrive and now it's finally here! Winter is my absolute favourite time of the year – the sunshine doesn't have much of a hold on me, but browned leaves and a sparkly frost certainly does, and most importantly it plays host to CHRISTMAS

I'm one of those people that get into the festive feeling very early in the year – I'm talking as soon as my September birthday passes, I've got Christmas on the brain This year has been no exception I can proudly say that I had completed nearly all of my Christmas shopping by the end of November

As much as I love the shopping involved in Christmas, it's definitely not my favourite thing. Getting into the spirit early means I have plenty of time to ponder what I am looking forward to most, and this year I've settled with my stocking. I cherish the sight of waking up on Christmas morning to find my stocking (or as my mum uses, a pillow case) by my bed with presents tumbling over the top. To me stockings are the epitome of Christmas, and I will never grow out of them. To my future husband – I'll still be expecting one when I'm 60 +

But for me it's also the small things about winter that stand out and make it special. Frozen fingers, a thousand layers, coffee breaks during long shopping trips, hot baths, getting ready for school in the dark, making mince pies even though I strongly dislike them

And you can't forget all the trimmings that come with putting up the Christmas tree. Standing at the bottom of the ladder whilst mum throws down the Christmas decorations from the attic, untangling streams of lights trying to get the right balance of green to red to gold decorations, fighting the star onto the already too tall tree so that it sits slightly wonky. It's the same every year, but coming from a family that doesn't hold too many traditions, these are welcome ones

I know my outlook is one of someone who doesn't have to pay too much for Christmas, but come on, how can you not LOVE this time of the year? December is far too short and passes far too quickly. Don't get your tinsel in a twist this Christmas and enjoy it! And for those of you who had forgotten – 17 DAYS TO GO! Merry Christmas!

Let us know what you think

@chiherald

A touch of Luxe this Christmas

Black Leather Clutch with Leopard Print Cuff £36. Below Berry Red Leather Handbag £49.50

LUXE LOOK Bags & Accessories is a brand new online boutique, based in Chichester, selling a gorgeous range of contemporary fashion and leather handbags, stylish accessories and an executive men's collection

Whether you are looking for a handbag for yourself, a present for the man in your life, or those last minute stocking fillers Luxe Look has a tempting array of gifts on offer

You'll find beautiful Pia Rossini Italian leather gloves in this winter's hottest colours, all presented in gift boxes ready to wrap, snakeskin effect Kindle and iPad sleeves – a key trend for 2013, and a selection of fabulous Claudia Canova handbags, purses, wristlet bags, cosmetic cases and belts

Fashion handbags feature silky soft faux fur oversized totes with chain and bamboo detail in grey or black, A frame orange snakeskin effect handbags with contrast trim, and mock croc patent Kelly style bags in black or purple, all on trend and selling fast

Or why not try the fabulous range of Head Candy faux fur head bands and scarves? – A truly glamorous addition to your wardrobe for your Christmas day walk or skiing in the Alps!

Not forgetting the men, of course Benjamin Brown's new 2012 collection of high quality leather messenger bags combine practicality with sophistication using the finest leather, so as it ages... it only becomes more handsome! Choose from wallets, iPad bags, despatch bags and weekenders – all in sumptuous brown leather

To give you a touch of Luxe this Christmas, Luxe Look is offering a fabulous 10% OFF everything you buy. Just enter Kindle24 at the sort when you checkout your purchases at **www.luxelookaccessories.co.uk**

All prices shown have the discount applied

See advert on page 3 for promotional offer

WIN A MEAL FOR TWO!

Chichester Herald in partnership with Amelie and Friends in Chichester is giving away a fabulous meal for two from their festive menu

The popular restaurant is giving you the chance to win a 3-course dinner from their festive menu. For your chance to win this amazing prize for two people please answer the following question.

Q IN WHICH STREET IN CHICHESTER WOULD YOU FIND AMELIE AND FRIENDS?

A) SOUTH STREET

B) EAST STREET

C) NORTH STREET

AMELIE AND FRIENDS

31 North Street, Chichester, West Sussex, PO19 1LY

t: 01243 771444

www.ameliеandfriends.com

e: info@ameliеandfriends.com

Open Mon to Sat 10am until 11pm

Sunday 10am until 4pm

Further information can be found at www.ameliеandfriends.com

Entries close on Thursday 13 December at midday

Please email your entry to competition@chichesterherald.co.uk or send your entry to Chichester Herald, Head Office, Suite 804, 26 The Hornet, Chichester West Sussex, PO19 7BB. You must include your name, contact number and email address.

The competition is for one winner with a meal for two from the festive menu only. Prize includes food only. There is no cash alternative. Prize to be redeemed by 24th December 2012

A winner will be announced on Friday 14 December 2012 both within the newspaper and on our website www.chichesterherald.co.uk

Entry details may be kept on file.

Old clean towels wanted

Volunteers needed to help clean out the animals on Christmas & Boxing Day Morning

Cat and Rabbit Rescue Centre

PROVIDING rescue for the cats and rabbits is a 365 day task. Usually the poo cleaning takes much of the working day, apart from the early morning feeds before and the evening feeds after. So that the rescue staff can also have festive lunches with their family and friends we are seeking lots of fit, active, healthy volunteers who can kneel and do lots of bending to help clean the animal pens and sort the rescue vital tasks in the morning between 8.30 and noon on Christmas Day and Boxing Day

Training and supervision will be available beforehand for those who have not volunteered before. It is a fun way to get into the Christmas spirit, give something experience something different, work up an appetite, and meet people – as well as the cats, kittens and rabbits. The more volunteers we can get then the faster the cleaning will be, and if only six can do a 3-hour slot that would be magic.

If you can get to The Rescue and help out, please email info@crrc.co.uk or phone 01243 641409 as soon as possible where the schedule is crying out for your name!

Good News: Hollie, Hollie's kittens, Lori and Rhea (KF245/247-11) and KF06 and KM07 12 have homes!

DONATIONS of old clean towels from the back of your cupboards or drawers are needed. To us they are vital as we use them daily to clean the animal pens and cages, after volunteers have cut them into smaller pieces. It does not matter if the towels are threadbare, have lost their colour or fluffiness or have small stains which will not wash out! Please can you have a quick search and donate soon

Also, the rabbits need long strips of straight cut shredded A4/A3 paper (must not be cross-cut) so they can snuggle down and keep warm, especially now it is colder. So whether it is the end of your office clear out or the annual home sort out, please do "Remember The Rabbits"

Cat and Rabbit Rescue Centre, Holborow Lodge, Chalder Lane, Sidlesham, Chichester, PO20 7RJ. www.crrc.co.uk

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and a happy new year

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Chichester Business

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Over a third of traders tested sold age restricted products to children

WEST Sussex Trading Standards, working in conjunction with Sussex Police, found seven out of eighteen shops willing to sell cigarettes, alcohol and fireworks to volunteers aged 15 and 16

In some cases no questions at all were asked of the volunteers, let alone requesting proof of age

It is illegal to sell these products to those under 18 and Trading Standards supports the Think 25 policy – which encourages traders to ask for ID from anyone who looks under that age

Christine Field, West Sussex County Council Cabinet Member for Public Protection, said: "What is so especially worrying development is the sale of fireworks to our volunteers. In the past this has proved very rare

"However, in this exercise two shops sold both fireworks and cigarettes to the volunteer in the same purchase."

Trading Standards investigations are continuing, but sanctions available may include prosecution, consideration of loss of a shop's alcohol licence and refusal of registration to stock and sell fireworks in the future

Trading Standards uses intelligence from the public and other agencies to target these operations and anyone suspecting a shop of making such sales can report them anonymously on 08454 040506 or via www.westsussex.gov.uk by typing "local enforcement form" into the search bar

Christine said such 'test purchasing' operations by Trading Standards are important in helping to ensure that harmful products are not available to young persons in West Sussex and will be repeated as required

Midhurst prints ten thousand pounds to boost the local economy

MIDHURST businesses are following the Bank of England lead and 'printing' their own money' to speed up the economic recovery – a form of localised 'quantitative easing'

Throughout December, participating businesses will be giving away Midhurst Pounds with every purchase. Customers will be able to spend their 'pounds' in January to part payment against purchases made in any participating local shops

The idea came up from an initiative by the Midhurst first group who run the town's Reward Card scheme but is open to all customers whether or not they have a reward card and it has been championed by the Midhurst Town Team as project to benefit all the town's traders

David Stanton, Vice Chairman of Midhurst Town Team said: "This is just what is needed in a small market town like Midhurst to bring the traders and their customers together in a fun way that rewards everyone. Midhurst is a really attractive historic market town with an excellent selection of independent shops, restaurants and coffee houses and has very low cost town centre car parking with the first two hours free of charge. We hope that our local residents and many new visitors alike will take advantage of our scheme and have very enjoyable visits to Midhurst in December and January. With this we think we've gone even further than Mary Portas – we don't think even she is printing her own money – and we've many more things planned for our town next year."

This is one of a number of initiatives taking place in the town over the coming weeks

Including late night opening on Friday 7th December to coincide with the Town Council's annual Christmas street party. Additional late nights will take place on Thursday 13th & 20th December. So there will be plenty of opportunities to collect Midhurst Pounds"

Andrew Tyrie, MP for Chichester, whose support has enabled Midhurst to become a Town Team Partner said. "This is excellent news. Congratulations to the traders of Midhurst and I wish them every success with this venture."

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Chichester Business

Builders' merchant wins marketing award

COVERS Timber and Builders Merchants is celebrating success after receiving the Best Builders' Merchant Marketing Initiative Award at this year's Builders' Merchants Awards of Excellence, which took place at the Lancaster London recently.

The awards have been running for 21 years and are held with high regard in the industry. Covers were delighted to receive the award for the rebranding of their home improvement store at their Chichester site.

Ben Gale, Marketing Co-ordinator, said: "We made a stringent decision to market our Home Ideas store to both retail and trade customers and I am absolutely thrilled that we have gained this kind of recognition for that move. It is a real achievement and makes all of the hard work that we put in worthwhile. The whole day was fantastic and finding out that we had won just topped it off."

Henry Green, Commercial Director of Covers, said: "I would like to congratulate Ben and his team on this win. It is terrific to receive this kind of accolade and I look forward to many more successes in the future."

Covers Home Ideas range is based at the Chichester site on Quarry Lane and includes a kitchen, bathroom and flooring showroom, a well stocked DIY offering together with a wide selection of new products.

The Government needs to make life easier for small businesses, says Chichester MP Andrew Tyrie

ANDREW TYRIE, MP for Chichester, recently met with local businesses at a Sussex Enterprise lunch in Chichester Cathedral. Mr Tyrie addressed members on a number of issues, including planning, infrastructure, regulation, access to finance and tax.

Mr Tyrie also spoke about his Chairmanship of the Parliamentary Commission on Banking Standards which is scrutinising the Government's Banking Reform Bill.

Sussex Enterprise is one of the largest Chambers of Commerce in the Country supporting over 2,000 member companies. A range of industries were represented by business leaders from construction, accounting, financial services, and higher education.

At the meeting, reference was made to the strategic development plans for the local area. Businesses made it clear that public bodies should have proper regard for the economic consequences of their decisions.

Infrastructure is one of the most common causes of concern for the local business community. Congestion on the A27 and access from the Manhood Peninsula is thought to be continuing to hamper local growth.

The willingness of banks to lend to small businesses was also raised, as well as retrospective taxation, which Mr Tyrie has previously expressed concern about in his capacity as Chairman of the Treasury Select Committee.

Andrew Tyrie, MP for Chichester, said: "I had an excellent discussion with a number of local firms. Ultimately, their interests are everybody's - it is small firms which are providing most of the new jobs locally and nationally. We need a single minded focus from the Government to make their lives easier."

Speaking after the event, Farid Ahmed, Chairman of the Chichester Chamber of Commerce, said: "The business community, which I represent on behalf of the Chamber of Commerce, wants to work constructively with the local authorities on their development proposals for the area. We are here to assist and promote, not obstruct, and therefore will support what is good but must also challenge what appears to be to the detriment of business.

"We are delighted that our local MP has such excellent business experience, something of a rarity in modern political circles."

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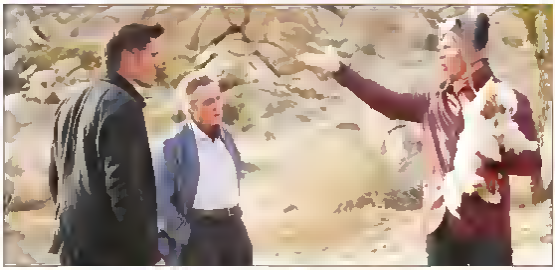
Seven Psychopaths (15)

THREE out of Five stars

Running time: 106 mins
Director: Martin McDonagh
Starring: Colin Farrell, Sam Rockwell, Christopher Walken, Woody Harrelson, Tom Waits, Olga Kurylenko, Abbie Cornish, Linda Bright Clay, Gaboureyy Sidibe, Zeljko Ivanek

Writer/director Martin McDonagh's follow-up to In Bruges is something of a mixed bag; the performances are superb and the dialogue is often hilarious, but the script is both all over the place and not nearly as clever as it thinks it is.



What's it all about?

Written and directed by Martin McDonagh (In Bruges), Seven Psychopaths stars Colin Farrell as Marty, a booze-soaked and creatively blocked Hollywood screenwriter who's just been thrown out by his girlfriend (Abbie Cornish). Marty ends up crashing with his ex-do-well friend Billy (Sam Rockwell), who's running a dog kidnapping scam with old timer Hans (Christopher Walken), but the three men are drawn into a whole mess of trouble when Billy and Hans kidnap a beloved shihtzu (Bonny or Bonny) belonging to unhinged crime boss Charlie (Woody Harrelson).

The gimmick of the film is that Billy is continually trying to persuade Marty to let him collaborate on the screenplay he's supposed to be working on, titled – surprise, surprise – Seven Psychopaths, so there are constant diversions into other psychopath-related stories told by the characters, whether fictional (a vengeance-seeking Vietnamese priest turned assassin played by Long Nguyen) or purported flashback (Tom Waits as a serial killer killing serial killer, Harry Dean Stanton as a murderer Quaker).

The Good

The performances are extremely entertaining. Rockwell is the stand-out, delivering a lively, off-the-wall turn that essentially gives the movie its only real energy – there's a definite sense that the film would be lost without him. Walken is equally good (his pronunciation of hallucinogens almost worth the price of admission alone) and there's strong comic support from Harrelson, though Farrell, consigned to the straight role, feels a little reined in by comparison.

The Bad

The dialogue is frequently laugh-out-loud funny and the script is packed with quotable one-liners, some of which are certain to end up on t-shirts worn by hipsters. The problem is that both the plot and the structure of the film are all over the place and the supposedly clever meta-fictional aspects of the film (i.e. the idea that they are knowingly writing the movie as they go along – 'This movie ends the way I say it ends') quickly become irritating, or at least because the characters' self-built criticisms of Seven Psychopaths (Marty says he wants the second half of the film to be just people talking, Billy complains that that's a terrible idea and he's right) are largely spot-on.

On top of that, there are some character moments that are either frustratingly inconsistent or ignored completely, while the women are almost unthinkingly underwritten (another meta joke that completely backfires).

Worth seeing?

Seven Psychopaths is worth seeing for the performances and the dialogue (both of which are very funny) but the film isn't nearly as clever as it thinks it is and the overall result is mildly disappointing.

WIN A LIMITED EDITION BOOK AND £40 OF CFT VOUCHERS!

Chichester Herald in partnership with Chichester Festival Theatre is giving away a fabulous prize of the limited edition book Chichester Festival Theatre at Fifty and £40 of Chichester Festival Theatre gift vouchers.

Chichester Festival Theatre at Fifty is a limited edition celebration of one of the UK's most important and much-loved theatres in its 50th Anniversary year.

"A treasure trove of memories. This magnificent book is a joy to read." Denise A Friend.

Beautifully designed and illustrated with production photographs, press cuttings and previously unpublished backstage photos, this hardback book explores the first 50 years of this vibrant theatre. It is an absorbing story of the people who have contributed to its history from the local ophthalmologist with a dream to all the great stars of stage and screen, past and present, who have performed on its stage, a list which includes Joan Collins, Derek Jacobi, Patrick Stewart, Ian McKellen and Imelda Staunton among many others.

Written by Kate Mosse (Citadel) International best selling author, playwright, broadcaster and Chichester resident.

For your chance to win this fabulous prize please answer the following question:

Q. CHICHESTER FESTIVAL THEATRE IS CURRENTLY CELEBRATING HOW MANY YEARS AS THEIR ANNIVERSARY?

A) HUNDRED
B) THIRTY
C) FIFTY

Further information can be found at www.cft.org.uk
Entries close on Wednesday 12th Dec 2012 at midday
Please email your entry to competition@chichesterherald.co.uk or send your entry to: Chichester Herald, Head Office, Suite 804, 26 The Hornet, Chichester, West Sussex, PO19 7BB. You must include your name, contact number and email address.
The competition is for one winner, with a prize of Kate Mosse's book, Chichester Festival Theatre at Fifty' and £40 worth of Chichester Festival Theatre vouchers. There is no cash alternative.
A winner will be announced on Wednesday 12th Dec 2012 both within the newspaper and on our website www.chichesterherald.co.uk
Entry details will not be kept on file.

SEVEN PSYCHOPATHS COMPETITION

WIN 2 TICKETS!

For a chance to win 2 tickets, answer the following question

Q. CHRISTOPHER WALKEN WON A BEST ACTOR IN A SUPPORTING ROLE OSCAR FOR WHICH FILM?

A) THE DEER HUNTER
B) SLEEPY HOLLOW
C) THE PROPHECY

Send your answer and include your full name, address and a contact phone number to **competition@chichesterherald.co.uk.** One lucky winner will be selected at random. Closing time is Tuesday 11th Dec at midday. The winner will be notified later on that day.

• Last weeks winner is Sue Rose from Chichester

cineworld CINEMAS

Cineworld Chichester
Chichester Gate, Chichester, PO19 8EL - 0871 200 2000

Merry Christmas

Shop locally this Christmas and discover all the Chichester District has to offer

CHICHESTER DISTRICT residents are being encouraged to shop locally this Christmas

The district offers a wide range of shops Chichester has everything from high street names to independent retailers while Midhurst, Petworth and Selsey are full of independent shops stocking a range of products

If you're out and about in the district, take time to visit the local attractions too A visit to the shops in Chichester could be combined with a visit to a carol service at Chichester Cathedral, a trip to Pallant House Gallery or a chance to explore The Novium, the new museum You could also take a guided City Walk For tickets or more information contact Chichester Tourist Information Centre on 01243 775888 Or you could take a walk around the historic City Walls.

If you're in Midhurst you could combine the visit with a winter walk to Cowdray Ruins In town watch out for a fun 'Find the Stag' competition for the children. Once you have located all the stags hidden around the town, enter the prize draw to win a prize The competition takes place from Monday 3 December to Saturday 8 December Late night shopping will also take place Friday 9 December (to coincide with the Midhurst Town Council Street Party)

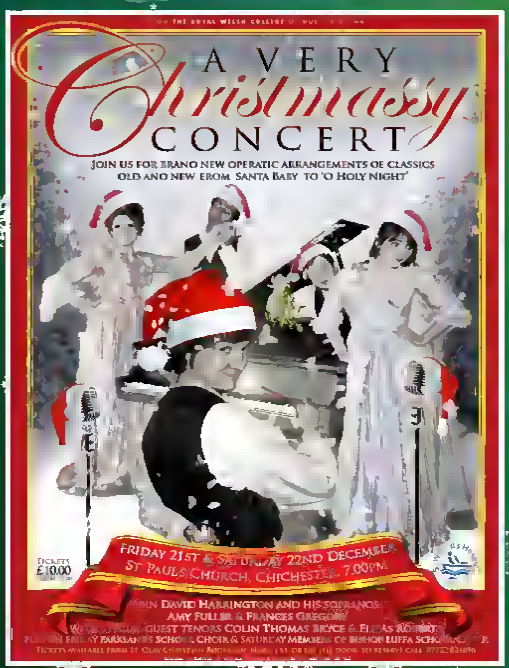
Petworth is internationally recognised for its unique shops but it is also a lively and inspiring town with lots of independent shops Shoppers could take time to visit Petworth House while doing their Christmas shopping

Meanwhile, head to Selsey for some locally caught seafood as Selsey crab and lobster are at their best this time of year As well as visiting the towns shops you could also make time for a walk along the foreshore to Esse Head

Other ideas for visits around the district include a stroll in Brandy Hole Copse in Chichester to see the holly and the ivy in its natural state, but please leave it there for the wildlife! Or experience the traditions of Christmas past in Sussex at the Weald and Downland Museum, Singleton from Wednesday 26 December 2012 to Tuesday 1 January 2013 For further details please contact the museum on 01243 811348 or go to www.wealddown.co.uk

You could also pick up festive fresh food at one of the district's farmers markets – for more details see www.chichester.gov.uk/farmersmarket.

To find out more about shopping in the district see www.visitchichester.org and for Christmas events, essential information and more see www.chichester.gov.uk/christmas


A VERY
Christmassy
CONCERT
JOIN US FOR BRAND NEW OPERATIC ARRANGEMENTS OF CLASSICS OLD AND NEW FROM 'SANTA BABY' TO 'O HOLY NIGHT'
TICKETS £10.00
FRIDAY 21ST & SATURDAY 22ND DECEMBER
ST PAUL'S CHURCH, CHICHESTER, 7.00PM.

Father Christmas popped in to finish the Tree

DESPITE the wind and rain Father Christmas found time to pop into the Council House in North Street, Chichester on Saturday to help decorate the tree in the Charity Christmas Card shop.

The UK's largest multi charity Christmas card organisation which has a shop in Chichester is urging people not to forget to support charities as they make their preparations for the big day.

Charity donations have dropped this year and buying Charity Christmas cards is more important than ever. It is a way of supporting the charities as well as keeping in touch with family and friends. You buy once, but give twice.

The Chichester outlet in the Council House is open Monday – Saturday 9.30 – 4.30 until 19th December. Over 40 different charities are represented including local charities Sussex Snowdrop Trust, Chichester Hospitals, Chichester Cathedral, Canine Partners. Plus you can find local Christmas scenes such as Bosham in the Snow, the Chichester Cathedral and the Sussex Downs.

As well as a wide range of card designs from national and local charities, the Chichester shop in The Council House also sells Christmas goods, purchased by Cards for Good Causes, such as notebooks, stocking fillers, traditional advent calendars, wrapping paper, gift tags and napkins. We're sure just one visit to our shop will help you cross a few festive jobs off the list in one go. Why not have a dip in the Lucky Santa Sack while you're there!

Cards for Good Causes have over 300 national outlets including Capron House in Midhurst. For local sites and opening times call Tel: 01264 361555. Email: cfgcs@interalpha.co.uk, or look on line at www.cardsforcharity.co.uk. Online sales also available. Make a difference this year and buy Charity Cards from your local Cards for Good Causes outlet.

The streets come alive with unusual Gifts this Christmas

Event organisers **Woodland Crafts** will be bringing their wonderful **Christmas Market** to the heart of Chichester from **8th - 16th December**. Set in East Street and North Street, the market brings the city centre to life with over 50 festive stalls.

With the Christmas Market set amongst the superb shops and cafes in Chichester, this is a wonderful opportunity to find an inspiring selection of quality products for you and your home, as well as unique gift ideas for all the family. Event organiser, Paul Bishopp said "Many of our customers find all their Christmas presents at our events and we'll have plenty to offer them again this year. Our Christmas craft stalls and the superb mix of shops make Chichester the perfect destination for a great day's shopping"

For more details of the Chichester Christmas Market and all our other events, visit our website...

www.woodlandcrafts.co.uk

Chichester
Christmas
Craft Market
Live Nativity Scene
in Chichester City Centre
in the pedestrianised areas of North Street and East Street
December 8th - 16th
9am-5.30pm daily except
Late Night Shopping Thursday: 9am-8pm
and Sundays 10am-4.30pm
Woodland Crafts
EVENTS MANAGEMENT
For more details of all our events, visit...
With wonderful traditional and modern crafts, alongside the superb shops in the heart of Chichester
www.woodlandcrafts.co.uk

Christmas light switch on in your area

TO HELP get everyone in the festive spirit, we've got a roundup of the Christmas lights switch on events in the Chichester District.

Midhurst

Midhurst Town Council's annual Christmas Street Party
Friday 7 December 6-9pm

The annual Christmas Street Party will take place between 6pm and 9pm in Church Hill / Red Lion Street.

There will also be a Christmas Market in the Spread Eagle's Jacobean Hall to tie in with late night shopping and the Town Council's Street Party.

Steam on Sunday with Santa

ON SUNDAY afternoons 9 and 16 December between 1.00 pm and 4.00 pm Chichester Model Engineers are inviting everybody to come along to their site in Blackberry Lane near the junction of Bognor Road and Wittyke Road in east Chichester (PO19 2FS) for their 'Steam With Santa' Train Rides behind a selection of different miniature locomotives.

Entry will be only £7 for children who will be given a present by Father Christmas and £4 for everybody else which includes a hot or cold drink and a mince or apple pie.

The 'Drive A Train' 00 gauge model railway 'Blackberry Junction' will be in use. This has three circuits of track each with its own controller and donations box.

Further information is on Chichester Model Engineers website www.cdme.co.uk or by phone to 07954 051594.

Make your child's Christmas with a magical day out at West Dean

Christmastime at West Dean, 15 – 16 December

West Dean Gardens, Near Chichester, West Sussex, PO18 0RX. www.westdean.org.uk

This December (15 – 16) the award winning walled gardens and glasshouses at West Dean will be transformed by magical elves into an enchanting setting for children to meet Father Christmas. Children can write letters to Father Christmas and post them at the special Christmastime post office, ride on one of 50 beautifully painted horses aboard a traditional carousel and glide around a family ice rink complete with snow machine! A professional photographer will be on hand to capture the moment your child meets Father Christmas if you wish.

Grown-ups can treat themselves to a warming glass of mulled wine or spiced apple drink, enjoy roasted chestnuts whilst listening to the seasonal sounds of a brass band

and their For those with last minute Christmas shopping to do, browse the Gardens Shop for some unusual gift ideas or enjoy a festive meal in the Gardens Restaurant.

Pre-booking is essential to guarantee meeting Father Christmas in his Grotto. For more information or to book online to secure 'early bird' rate until 30 November at www.westdean.org.uk/christmastime Adult (£8) Child (£5 including present) Family (2 + 2, £20) or pay full price on the gate or online from 1 December Adult (£9.50) Child (£6) Family (2 + 2) £25 Adults: Friends of West Dean FREE

Christmastime at West Dean is part of Winter Wonderland (1 November – 23 December) a new seasonal programme of events: one day courses, a creative weekend, shopping, food and entertainment to celebrate the festive season. For more information please visit www.westdean.org.uk/WinterWonderland

Christmas

with

from £12.95

India Gate

India Gate Merston A259 Bognor Road, Merston, West [illegible] PO21 EH

Tel: 01243 783576 / 773242

Christmas Bookings now being taken

Set Menu

Papadom and Chutney

Any One Starter

Onion Bhaji
Sliced onions mixed with carom seeds, coriander and gram flour

Samosa
Vegetable or meat

Tigar Prawn Puree
Tigar prawns cooked with spice and herbs, served on thin fried bread

Chicken or Lamb Tikka
Diced chicken or lamb marinated and bar-be-qued over charcoal

Mixed Platter (for two)
Onion bhaji, chicken tikka, samosa and sheek kabab

Any One Main Dish

Turkey Tikka
Diced turkey marinated and bar-be-qued over charcoal

Chicken or Lamb Massala
Tender chicken or lamb cooked in a clay oven, coated in a tandoori sauce of herbs, spice and cream

Chicken or Lamb Jalfrezi
Chicken or lamb pieces cooked with green peppers, fresh green chillies and onions in a thick tasty sauce

Prawn Bhuna
Prawns cooked in tomatoes, onions and peppers

Any One Side Dish

Saag Aloo
Spinach cooked with potatoes and coriander

Bombay Aloo
Pointoe cooked in spice

Niramish
Variety of vegetables with spices, fairly dry

Mushroom Bhaji
Fresh mushrooms cooked in spices and herbs

Pilau Rice, Plain Rice or any Nan Bread

Coffee or ice cream

- **Private function room**
- **Free car parking**

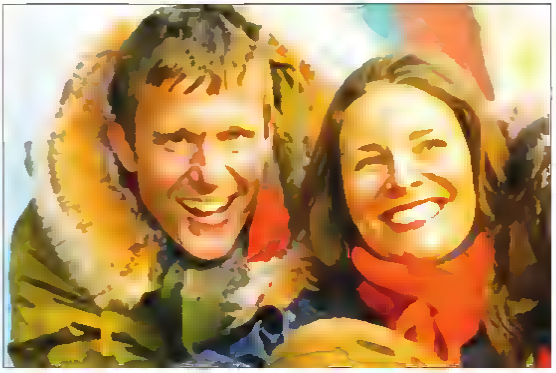
SPECIAL OFFERS:

Happy hour from 5-6pm Buy 1 curry get 1 free

Banquet Night every Tuesday
Any starter, any main, any side dish, any rice or naan all for
just £12.95

Cannot be used in conjunction with any other offer.

What's on this Winter...
7 December to 13 December



Chichester Farmers Market
Date Friday 7 December
Place East and North Streets, Chichester
Time 9am 2pm
More information 01243 785166 extension 4242
www.chichester.gov.uk/farmersmarket

Roller disco
Two sessions one for families with under 11s, and a main event for all ages (under 11s must be accompanied by an adult.
Date Saturday 8 December
Place Westgate Leisure Chichester
Time Mini rollers 4.15pm – 5.15pm main event 6pm 7.30pm
Price Mini rollers: full hire £6, own skates £5 spectators £1.50 Main event, full hire £8 own skates £6.50 spectators £2
More information 01243 785651 **www.westgateleisure.co.uk**

Indoor car boot sale
Date. Saturday 8 December
Place The Grange Centre, Midhurst
Time 10am – 1pm
More information 01730 816841 **www.thegrange.org.uk**

Bird watching by boat
Places are limited and must be pre-booked
Date Saturday 8 December
Place Departs from Itchenor
Time Departs midday, lasts one and a half hours.
Price £8.50 per person
More information 01243 513275 **www.conservancy.co.uk**

Talk: a wartime Christmas
Join us as we uncover what it was like to celebrate at a time when life was dictated by war and leave your own wartime memory with us.
Date. Thursday 13 December
Place The Novium's learning room Tower Street, Chichester
Time 7pm – 8.30pm
Price Adult £5 concessions £4 Places are limited so please book in advance
More information 01243 775888 **www.thenovium.org**

Tour: highlights of the collection
the collections and tour the exhibition galleries. Highlighting different artefacts on display every week, visitors discover the stories that bring them to life! Suitable for adults and older children.
Date Thursday 1 November to Saturday 29 December (weekly on Wednesday and Saturday, excluding Boxing Day)
Place The Novium Tower Street, Chichester
Time 11am 11.20am
Price. Free with admission charge
More information 01243 775888 **www.thenovium.org**

Winter wonderland at West Dean
Starts 1 November 2012. Ends. 23 December 2012
More information **www.westdean.org.uk**

Effervescence 2012
Starts 1 November 2012. Ends: 13 January 2013
Introduction
Place West Dean Gallery
Time 11am 4pm
When Every day 1 November-23 December 2012 and Wednesday to Saturday 4-13 January 2013
Price Free admission and car parking
More information **www.westdean.org.uk**

Learn a skill and make a gift for Christmas
Starts 8 November 2012. Ends: 14 December 2012
Introduction
For more information on Learn a skill Make a gift days visit. **http://www.westdean.org.uk/CollegeChannel/ShortCourses/LearnaSkillMakeAGift.aspx**

Handling table
Get up close to real and replica artefacts that relate to the exhibition themes in the galleries
Date Saturday 10 November to Saturday 22 December (fortnightly on Saturday)
Place The Novium Tower Street, Chichester
Time 10.30am – 12noon
Price. Free with museum admission
More information. 01243 775888 **www.thenovium.org**

Oh Christmas Tree
Help The Novium get ready for Christmas by creating your own unique ornament to hang on the tree
Date Saturday 1 December to Sunday 30 December (daily on Wednesday Thursday Friday, Saturday and Sunday, excluding Christmas Eve Christmas Day and Boxing Day)
Place The Novium Tower Street, Chichester
Price Free with museum admission
More information 01243 775888 **www.thenovium.org**

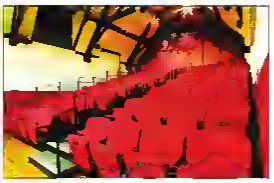
Christmas Thursdays
Get into the Christmas spirit with these festive evenings. Includes free after hours access to the Collections and some of the temporary exhibitions, late night shopping and Christmas carols in the historic house
Date Every Thursday in December
Place Pallant House Gallery
Time 5pm-8pm
Price Free
More information
www.pallant.org.uk

CHICHESTER cinema
at NEW PARK
01243 786 650
'your cinema on the park'

Fri 7 Dec
12.30 To Dance Like a Man
13.45 A Separation (PG) 125m
16.15 Wild Bill
18.45 Las Acacias
20.00 Terry (18) 82m

Sat 8 Dec
13.00 Once Upon a Time in Anatolia
16.00 Little Nicolas
18.00 A Separation
20.30 The Woman in the Fifth

Sun 9 Dec
15.15 Private Peaceful (12A) 100m
17.45 Argo (15) 121m
20.30 Silver Linings Playbook (15) 122m



Mon 10 Dec
13.15 Silver Linings Playbook
15.45 Private Peaceful
18.00 Silver Linings Playbook
20.45 Argo

Tue 11 Dec
13.00 Argo
15.30 Silver Linings Playbook
18.15 Private Peaceful
20.30 Silver Linings Playbook

Wed 12 Dec
12.00 Private Peaceful
14.00 Silver Linings Playbook
16.30 Argo

Thu 13 Dec
13.00 Argo
15.30 Silver Linings Playbook
18.00 Argo
20.45 Silver Linings Playbook

SATURDAY'S TV 8.12.12

Listings supplied by Press Association

CHOICE

Dermot O Leary

The X Factor
ITV1, 8pm

When Ella Henderson was voted off the show on November 18, millions of fans around the country gasped in disbelief. The shocklwaves from her departure proved that nobody is safe in Simon Cowell's juggernaut of a talent search. Now the real questions are, how are the producers going to make a glorified sing-off drag on for so long? Can we get through the finale without anyone using the sentence 'My set has been on a real journey'? And will Dermot O'Leary give us one final dance of the series before the set is packed up for another year?

BBC1

6 00 Breakfast. 10 00 Saturday Kitchen Live. 11 30 Baking Made Easy (R) 12 00 BBC News Regional News Weather. 12 15 Football. Feels 1. 00 Live Snooker: UK Championship. The opening session of the second semi-final. 4 30 Final Score. 5 10 BBC News Regional News Weather. 5 30 A Onehost of Sport.

6.00 Pointless Celebrities. Kerry Katona, Kim Wendtrom, Ethanna Cherrie, Diane Abbott, Dave Spikey, Jane McDonald, Lisa Millmod and Fille Cinsell are the famous faces taking part in the general knowledge quiz.

6.50 Strictly Come Dancing. Bruno Tonioli and Tess Daly present as the final six celebrities demonstrate their best moves in a bid to avoid the dreaded dance-off and make it through to next week's semi-final. The results are not known as at 1 pm.

1 50 Marble. Morgana takes desperate measures to find Emrys.

3 40 The National Lottery Awards 2012. Ceremony celebrating the winners of 21 National Lottery funded projects.

9 20 Casualty. Tamzin's career is jeopardised when the ex-footballer whose neck she fuiled to immobilise sees the Ambulance Trust. Dominic and Tess come to blows over a patient's treatment.

10 10 BBC News: Weather

10 30 Match of the Day. Incling Wolverhampton Wanderers, Sunderland v Chelsea, Newcastle United v Fulham, Norwich City v Liverpool and Stoke City v Arsenal. Plus the National Lottery Lotto Results and Update.

11 00 The Football League Show. Highlights of today's games in the Championship, League One and League Two.

1 00 Weatherview. **1 10** BBC News.

BBC2

6 00 Cbeebies. **10 00** The Sky at Night (R). **10.30** Click (R). **12 00 Film:** Carefree (1938) Musical comedy starring Fred Astaire and Ginger Rogers. **2 05** Film: Becket. (1964) Historical drama starring Richard Burton and Peter O'Toole. **4.30** Live Snooker: UK Championship. **5 30** Flog It! (R).

9.30 Dad's Army. Maimwaring finds a German pilot trapped on top of the town clock by his parachute, so the platoon attempts a rescue mission. Classic comedy starring Arthur Lowe (R).

1 00 Live Snooker: UK Championship. Coverage of the second and concluding session of the second semi-final at the Barbican Centre in York, where a maximum of nine frames are scheduled to take place. Subsequent programmes subject to change.

10 00 QI XL. Stephen Fry hosts an extended version of the quiz, featuring Professor Brian Cox, Rhys Darby, Jarvis Cocker, Phill Jupitus and Alan Davies answering questions on the topic of genius.

10.45 Led Zeppelin Live in London 2007 Celebration Day. The band's one-off semi-reunion performance at London's O2 as part of a benefit concert to commemorate the life of Atlantic Records co-founder Ahmet Ertegun.

11 45 Film: The Hills (1987) A disillusioned police detective travels with an ignorant, Amazonian beast stalking Chicago's Field Museum of Natural History. Horror with Penelope Ann Miller, Tom Sizemore and Linda Hunt.

1 30 Film: Day of the Dead (1985)
3 00 Close.

ITV1

9 00 CITV: Rahar and the Adventures of Sadion. **9 10** Rahar and the Adventures of Sadion. (R) **9.25** The Hive. (R) **9 35** The Hive. (R) **9 45** The Hive. (R) **9 50** Can mals. (R) **7 00** Can mals. (R) **1.00** The Avengers. **1 25** Almost Naked Animals. (R) **1 40** Almost Naked Animals. (R) **1 50** Horrid Henry. (R) **8.00** Horrid Henry. (R) **8 15** Horrid Henry. (R) **8 30** Fort Boyard: Ultimate Challenge. **9 25** ITV News. **9 30** The Jeremy Kyle Show. **10 25** The Jeremy Kyle Show. USA. **11 20 Film:** Colombo: Requiem for a Falling Star (1973). **12.50** ITV News: Weather. **1 05** All Star Family Fortunes. (R) **1 50** Holiday Home Sweet Home. **2 50** Holiday Home Sweet Home. **3.50 Film:** Back to the Future. (1985)

8 00 Regional Programme; Weather

6 15 ITV News: Weather.

8.30 Now You've Been Framed! A fresh selection of comical clips.

1 00 The McFly Show. The pop group perform some of their biggest hits, joined by celebrity guests including comedian Al Murray and Coronation Street star Michelle Keegan (Tina McIntyre).

8 00 The X Factor. The three remaining acts battle it out in part one of the live final.

10 00 Film: The Invasion of Lyting (2006) Premiere Comedy starring Kelly Gervais.

11 00 ITV News: Weather
11 20 Film: The Invasion of Lying (2006) Premiere Concluded.

12.00 The Story. ITV News Headlines. **2 10** Film: Sight. (R) **2 55** ITV Nightscreen. **5 30** ITV Morning News.

CHANNEL 4

8 10 The Hendo (R) **8 35** The Hendos. (R) **1 00** Beach Volleyball. (R) **1 55** The Morning Line. **8 00** T4: According to Jim. (R) **8.25** T4: Everybody Loves Raymond. (R) **10 00** T4: Everybody Loves Raymond. (R) **10.35** T4: Frasier. (R) **11 00** T4: Frasier. (R) **11 40** T4: The Big Bang Theory. (R) **12 15** T4: The Big Bang Theory. (R) **12 45** T4: The Big Bang Theory. (R) **1 20** T4: The Simpsons. (R) **1 50** Channel 4 Racing. **3 55** The Simpsons. (R) **4 20** Come Dine with Me Ireland. **4 55** Come Dine with Me Ireland. **5 25** Come Dine with Me Ireland. **5 00** Come Dine with Me Ireland.

8 25 Come Dine with Me Ireland: Collette McCahern hosts the final dinner party in Cavan and Monaghan.

9 00 Channel 4 News

1 25 4thought: Is A woman who was attacked for being Jewish

7 30 Hexton's Fantastical Food. Hesston Blumenthal aims to rekindle people's love of traditional food by drilling a giant pie and transforming it into a fully functioning pacific house in Wales. (R)

8 30 Stephen Fry: Gadget Man. Technology to make work easier and more enjoyable. (R)

9.00 Film: Predators. (2010) Premiere. Hardened fighters from across the globe are taken to an alien jungle planet to become prey in a big-game hunt. Sci-fi thriller sequel, with Adrien Brody.

11 15 Film: 30 Days of Night (2007) Horror starring Josh Hartnett.

1 20 Film. The Girl Next Door. (2004) **3 10** Hollyoaks. **5.15** Countdown. (R)

CHANNEL 5

6 00 Milkshake! 10 00 Power Rangers: Super Samurai. **10.35** Thundercats. **11 10** The Gadget Show. (R) **12 10** Chris Tarrant: Extreme Railways. (R) **1 10 Film:** Superman II (1980) Comic-strip adventure opened with Christopher Reeve. **3 40 Film:** Anne Clare is Coming In Town (2011) Primetime. Christmas fantasy starring Maria Thayer and Sam Page. **5 25 Film:** Single Santa Seeks Mrs Claus (2004) The son of Father Christmas is looking for a wife just as the son of a single mother is writing to Santa to ask for a new dad. Comedy with Crystal Bernard and Steve Guttenberg.

1 10 Film: A Grandpa for Christmas (2008) An elderly actor unexpectedly ends up caring for his grand-daughter over Christmas and helping her with a school pageant. Family comedy with Ernest Borgnine and Juliette Gaylac.

8 00 9 News Weekend

8 55 Tommy Cooper's Christmas Special. Festive edition of the comic magician's show from 1974, featuring music by Dana and Vic Damone and a guest appearance by French puppeteer Andre Tahon.

10 00 Live International Boxing. Kenny Anderson v James DeGale. Mark Pougatch's presents coverage of the final for the British Super Middleweight title, held at the Ronnie Arena in Hull.

12.00 SuperCasino. Live interactive gaming. **4 00** Michaela's Wild Challenge. Elle Hanson tries to outrace in cartwheel eg spotter. (R) **4 25** Great Artists. (R) **4 50** County Secrets. (R) **5 00** Hana's Helpline. **5.15** The Milkshake! Show. (R) **5 40** Thomas & Friends. (R) **5.50** Roary the Racing Car. (R)

DIGITAL

BBC Three

1 00 England's Worst Ever Football Team. **1 00** Top Gear. **3 00** The Premier League's Most Amazing Moments. **3.00** Snog, Marry, Avoid. **3 30** Gogglebox. **4 00** Parents 1, Mum 0. **4 30** Him & Her. **10 30** American Dad! **11 15** Family Guy.

BBC Four

1 00 Holiday: A Garden for All Seasons. **8 00** African Railway. **9.00** The Trouble with Art. **11 00** The Trouble with Art – The Debate. **11.45** Holiday: A Garden for All Seasons.

ITV2

3 00 Film: The Little Vampire (2000). **4 55 Film:** Uncle Buck (1989). **6 55 Film:** Hulk (2003) Comic strip adventure, starring Eric Bana. **9 00** The Xtra Factor. **11 10 Film:** Hot Fuzz (2007)

ITV3

2 50 Film: The Nine Lives (1959). **7 50** The Return of Sherlock Holmes. **1 00** Lewis. A professor is killed on Halloween. Last in the series. **9 00** Midsomer Murders. **11 40** Ghosthoat.

ITV4

4 30 Police, Camera, Action! **5 00** Live Tennis. The Stanford Masters. **8.00** Four Monsters. **9 00 Film:** The Quest (1996) Action adventure, starring Jean-Claude Van Damme. **11 00 Film:** On Deadly Ground (1994)

E4

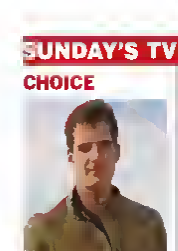
3 00 The Big Bang Theory. **8 00 Film:** The Day the Earth Stood Still (2008). **10 10** Misfits. **11 00** The Inbetweeners.

Film4

2 45 The Family Stone (2005). **4.50** Local Hero (1983). **7 00** Fairies to Launch (2006). Romantic comedy with Sarah Jessica Parker and Matthew McConaughey. **9 00** Alien Resurrection (1997). Sci-Fi thriller sequel, starring Sigourney Weaver. **11 10** Chain Reaction (1996).

SUNDAY'S TV 9.12.12

CHOICE



Dan Snow

Rome's Lost Empire
BBC1, 8.40pm

You've got to hand it to archaeologists – they know how to get their hands dirty. Come rain or shine, they're happy to spend their days digging around in a muddy trench so that we can better understand the world in which our forebears lived. Sarah Parcak, though, is what's known as a 'space archaeologist', using the latest satellite technology to gain views of the landscape which would otherwise be impossible. In this documentary, Dan Snow joins the scientist on a mission to identify and track down lost cities, amphitheatres and forts.

BBC1

8 30 Breakfast. **7 40** Match of the Day. (R) **8 00** The Andrew Marr Show. **10 00** Fern Britton Meets Frank Bruno. **11 00** Sunday Politics. Weather for the Week Ahead. **12.20** Countryfile. (R) **1 15** Bargain Hunt. (R) **2 00** Killerpider Heroes. (R) **2 30** Escape to the Countryside. (R) **3 30** Call the Midwife. (R) **4 30** Songs of Praise. **5 05** Nigel Slater's Dish of the Day. (R) **5 35** BBC News. Regional News Weather.

6.00 Countryfile. Julia Bradbury visits the National Arboretum in Gloucestershire and John Craven is on the trail of English truffles. Plus the increase in tree diseases overseas, the Channel, including Weather for the Week Ahead.

1 00 Strictly Come Dancing. The Results. Sx decome Five and Michael Ephia performs.

7 40 Antiques Roadshow. The team travels in Wightwick Manor near Wolverhampton.

8 40 Heroes of Lost Empire. Dan Snow uses satellite technology to reveal the secrets of ancient Rome, tracking down lost cities, amphitheatres and forts with the help of archaeologist Sarah Parcak.

10.00 BBC News: Regional News; Weather

10.25 Match of the Day 2. Including Manchester City v Manchester United.

11.35 The Graham Norton Show. With Daniel Radcliffe, Jessica Ennis and Emma Mars (R).

12 25 Film: Annapolis (2006) **1 55** Weatherview. **2 00** Sign Zone: Film 2012. (R) **2 30** Hobby Box. (R) **3 30** Paul Martine Handmade Revolution. (R) **4 15** BBC News.

BBC2

6 00 Cbeebies. **10 00** Saturday Kitchen Best Bites. **11 30** Nigella's Christmas Kitchen. (R) **12.00** Live Athletics. **1 45** Ray Reardon at 80. (R) **2 15** Live Snooker: UK Championship.

6 00 Fing It! Eugene, Michael, Raquel and Adam Partridge visit Blackburn in Lancashire, and Jimmi Martin discovers the story behind a group of local masked poets. (R)

8 20 Family Treasure. A married couple, both doctors, check in and become intrigued by the behaviour of manor manager Basil, who feels as if male guest has smuggled in girl into his room.

7 00 The Most Contagious Quiz of WWII. Paddy Ashdown tells the story of The Cockleshell Heroes, the Royal Marine commandos who in 1 942 launched an attack on enemy shipping in Bordeaux harbour. (R)

9 00 Live Snooker: UK Championship. Hazel Irvine introduces coverage of the second and concluding session of the final of the Barbican Centre in York, where a maximum of 11 frames are scheduled to take place.

11 00 Never Mind the Buzzcocks. Episodes star Stephen Mangan takes over hosting duties on the quiz, with Kayvan Novak and Michelle Heaton among the guests joining team captains Noel Fielding and Phill Jupitus (R).

11 30 Film: Keeping Up with the Steins (2006) Comedy with Daryl Sabara, Jamie Gertz and Cheryl Hines.

12 50 BBC News. **4 00** Close.

ITV1

9 00 CITV: Engie Benjy. **9 10** Rahar and the Adventures of Sadion. (R) **9 25** Rahar and the Adventures of Sadion. (R) **9.45** Signed Stones. (R) **9.45** Cannmals. (R) **9 55** Cannmals. (R) **7 00** Pingu. Monkeyface. (R) **7.15** Pingu. Monkeyface. (R) **7.25** Almost Naked Animals. (R) **7 35** Almost Naked Animals. (R) **7 50** Almost Naked Animals. (R) **8 00** Peppa Pig. **8 15** Peppa Pig. **8 30** Fort Boyard: Ultimate Challenge. **9 25** The Chase. **9 30** Tenable Like Home. (R) **10 25** Inner Date. (R) **11.25** Dickinson's Real Deal. (R) **12.25** ITV News: Weather. **12 30** Film: Carry On Up the Jungle. (1970) **2 15** The X Factor. (R) **4 15** Midsomer Murders. (R)

9 15 Regional Programme; Weather

P 25 ITV News: Weather

9 40 Celebrity Who Wants to Be a Millionaire? Pantomime Special. With Denise Welch, David Hasselhoff, Cheryl Fergison, Tim Vine, John Pinty, Joe and Alison Hammond.

7 00 The X Factor Results. Ward part one of the final, behind them, this is the last chance for the two remaining acts to impress the public in the race to become this year's winner.

9 00 Rod Stewart's Christmas... The rock star performs his favourite festive songs at Stirling Castle and celebrates with Michael Ondle and Kylie Minogue.

10 50 ITV News: Weather

11 15 Film: Guilty Pleasures II: The Kinnys (2000) Comedy sequel, starring Eddie Murphy.

1 00 The Story. ITV News Headlines. **2 00** Motorsport UK. **3 45** ITV Nightscreen. **5 30** ITV Morning News.

CHANNEL 4

8 00 Sair Mad (R) **8 05** The Treacle People. (R) **1 15** The Hoard. (R) **1 45** The Hoobs. (R) **1 10** The Great Ethiopian Run. **9 45** Will & Grace. (R) **8.30** Frasier. (R) **9.00** Frasier. (R) **9 30** Sunday Brunch. **12.00** The Big Bang Theory. (R) **12.35** The Big Bang Theory. (R) **1 00** The Simpsons. (R) **1.40** Hughe's Good Things. **2 10** Hugh's Good Things. **2 45** Hughs Good Things. **3 20** Hugh's Good Things. **3 55** Hugh's Good Things. **4 25** Deal or No Deal. **5.2F** Film: Elf. (2003)

7 20 Channel 4 News

1 50 4thought: Ex-short film in which members of the gndi c reflects on whether Jews are still persecuted in Britain today.

7 50 The Politics Slot

8.00 How the Bismarck Sank. HMS Hood. David Meamm and James McCartney search the wreck of HMS Hood for clues as to why the battlecruiser sank so quickly after being attacked by German battleship Bismarck in May 1941.

9 00 Homeland. Sail catches up with an old friend and discovers evidence of covert activities by Estes, while Brody and Walden are at odds over the future of their political relationship.

10.00 Peep Show. Mark thinks Simon is trying to get back together with Dorothy.

10 40 Film: El Jefe: The Rise of Cedre (2005) Action-adventure starring Channing Tatum, Sienna Miller and Christopher Eccleston.

12.45 American Football Live. **4 45** Grudge Match. (R) **4 00** Countdown. (R) **5 40** Make Do & Mend. (R)

CHANNEL 5

8 00 Milkshake! Peppa Pig. 8 45 Roary the Racing Car. (R) **8.15** Fifi and the Flowertots. (R) **8 25** Fort and Emma's Great Adventures. (R) **8.30** The Mr Men Show. (R) **8 45** Olive the Ostrich. **9 50** Adrey e Flying Fa ry School. (R) **7 30** Rosie and Jim. (R) **7 40** Ben and Holly's Little Kingdom. (R) **9 15** Tony's Travelling Circus. (R) **9 30** Roary the Racing Car. (R) **9.45** Jelly Jamm. (R) **10 00** Power Rangers: Super Samurai. **10 35** Thundercats. **11 10** Made in Moments. (R) **11.23** Highland Emergency. (R) **11.50 Film:** Jack Frost (1998) **1 45 Film:** Stonefield. (2008) **3.30 Film:** Superman II (1983)

9 00 5 News Weekend

5 10 Film: The Dirty Dozen (1967) Twelve convicts are sent on a one-as un to destroy a French chateau being used as a German military base. Second World War action adventure, starring Lee Marvin and Telly Savalas.

8 00 Film: The Expendables. (2010) Premiere. Action thriller packed by and slaughty Sylvester Stallone. With Jason Statham.

11 08 Film: Fall Metal Jacket. (1987) Vietnam War drama, starring Matthew Modine.

1.25 SuperCasino. **4 00** House Doctor. (R) **4 50** County Secrets. (R) **5.00** Hana's Helpline. (R) **5 10** The Milkshake! Show. (R) **5 35** Thomas & Friends. (R) **5.50** Roary the Racing Car. (R)

DIGITAL

BBC Three

7 00 Top Gear. **8 00** The Premier League's Most Amazing Moments. **9.00** Snog, Marry, Avoid. **9 30** Gogglebox. **10 00** Parents 1, Mum 0. **10 30** Him & Her. **10 30** American Dad! **11 15** Family Guy.

BBC Four

1 00 Holiday: A Garden for All Seasons. **8 00** African Railway. **9.00** The Trouble with Art. **11 00** The Trouble with Art – The Debate. **11.45** Holiday: A Garden for All Seasons.

ITV2

3 00 Film: The Little Vampire (2000). **4 55 Film:** Uncle Buck (1989). **6 55 Film:** Hulk (2003) Comic strip adventure, starring Eric Bana. **9 00** The Xtra Factor. **11 10 Film:** Hot Fuzz (2007)

ITV3

2 50 Film: The Nine Lives (1959). **7 50** The Return of Sherlock Holmes. **1 00** Lewis. A professor is killed on Halloween. Last in the series. **9 00** Midsomer Murders. **11 40** Ghosthoat.

ITV4

4 30 Police, Camera, Action! **5 00** Live Tennis. The Stanford Masters. **8.00** Four Monsters. **9 00 Film:** The Quest (1996) Action adventure, starring Jean-Claude Van Damme. **11 00 Film:** On Deadly Ground (1994)

E4

3 00 The Big Bang Theory. **8 00 Film:** The Day the Earth Stood Still (2008). **10 10** Misfits. **11 00** The Inbetweeners.

Film4

2 45 The Family Stone (2005). **4.50** Local Hero (1983). **7 00** Fairies to Launch (2006). Romantic comedy with Sarah Jessica Parker and Matthew McConaughey. **9 00** Alien Resurrection (1997). Sci-Fi thriller sequel, starring Sigourney Weaver. **11 10** Chain Reaction (1996).

Monday

BBC1
5.00 Breakfast. 9.15 Hey Hunters. (R) 10.00 Homes Under the Hammer. (R) BBC News Weather. 11.00 You've Been Scammed. 11.30 Cash in the Attic. (R) BBC News. Weather. 12.15 Bargain Hunt. (R) 1.00 BBC News. Weather. 1.30 Regional News. Weather. 1.45 Doctors. 2.15 Escape to the Country. 3.00 BBC News. Weather. Regional News. 3.05 CBBC. 5.15 Pointless Celebrities. 6.00 BBC News. Weather. 6.30 Regional News. Programmes. Weather. 7.00 The One Show. 7.30 Inside Out. BBC News. Regional News. 8.00 EastEnders. 8.30 The Secret Drama War – Panorama. 9.00 New Tricks. (R) 10.00 BBC News. 10.25 Regional News. Weather. 10.35 How I Got a Sit More Money for You. 11.20 Film. Hart's War (2002) Second World War drama with Bruce Willis and Colin Farrell. 1.20 Weatherwatch. 1.25 Sign Zone. Natural Historian. Ministers of Nature. (R) 2.25 Dara O Briain's Science Club. (R) 3.25 Great British Food Revival. (R) 4.25 BBC News.

BBC2
5.00 CBeebies. 11.30 BBC Weather. News. 12.00 Daily Politics. 1.00 Royal Upstairs Downstairs. (R) 1.30 Tr Buy or Not to Buy. (R) 2.15 Weakest Link. (R) 3.00 Real Rescues. (R) 3.45 Flog It! 4.30 Breakaway. (R) 5.15 Put Your Money Where Your Mouth Is. (R) 6.00 Celebrity Eggheads. 6.30 Strictly Come Dancing. – It Takes Two. 7.00 The Harry Hill's Christmas Special. (R) 8.00 University Challenge. 8.30 MasterChef: The Professionals. 9.00 Inside Claridge's. 10.00 News. Meet the Buzzcocks. (R) 11.30 Newsnight. Weather. 11.50 Westminster Ashley. (R) 12.20 BBC News. 4.00 BBC Learning Zone.

ITV1
6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Ints Do Christmas with Dad & Mel. 1.30 ITV News. Weather. 1.55 Regional News. Weather. 2.00 Storage Hoarders. 3.00 Dickinson's Real Deal. 3.50 Regional Weather. 4.00 Britain's Best Bakery. 5.00 The Chase. 6.00 Regional News. Weather. 6.30 ITV News. Weather. 7.00 Emmerdale. 7.30 Coronation Street. 8.00 Little Englahs. 8.30 Coronation Street. 9.00 The Poison Tree. 10.00 ITV News at Ten. Weather. 10.30 Regional News. Weather. 10.35 Film: Mercury Rising. (1998) Thriller starring Bruce Willis. 12.35 Jackpot247: ITV News Headlines. 3.00 Champions League Weekly. 3.25 ITV Nightscreen. 4.25 The Jeremy Kyle Show. (R) 5.30 ITV Morning News.

Channel 4
6.05 Sah Mak. (R) 8.10 The Hoobs. (R) 6.35 Hoobi. (R) 7.00 Freshly Squeezed. 7.30 According to Jim. (R) 7.55 Everybody Loves Raymond. (R) 8.25 Everybody Loves Raymond. (R) 8.55 Frasier. (R) 9.25 Frasier. (R) 9.55 Come Dine with Me. (R) 10.30 Come Dine with Me. (R) 11.00 Come Dine with Me. (R) 11.30 Come Dine with Me. (R) 12.00 Come Dine with Me. (R) 12.30 Channel 4 News. Midday Summary. 12.35 Kirstie's Handmade Treasures. 12.20 Film. Mujor Dundee. (1966) Western starring Charlton Heston. 2.40 Countdown. 3.30 1001 Things You Should Know. 4.00 Deal or No Deal. 5.00 Come Dine with Me. 5.30 Jamie's 15 Minute Meals. 6.00 The Simpsons. 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 Alhoughtiv. 8.00 New Sale Is Your Cash? Channel 4 Dispatches. 9.00 Nurses By Gaslight. 6.06 The Real Man's Real Trip. Sean and Jon Go West. 10.00 8 Out of 10 Cats. 10.50 Full English. 11.25 Alan Carr: Chatty Man. (R) 12.30 The Great Wife. 1.50 Film: Warlock. (1959) Western starring Henry Fonda. 3.55 Supernanny US. 6.15 Deal or No Deal. (R)

Channel 5
6.00 Milkshake! 9.16 The Wright Stuff. 11.10 The Removal Men. (R) 12.10 5 News Lunchtime. 12.15 Build a New Life in the Country. (R) 1.15 Home and Away. 1.45 Neighbours. 2.15 CSI: NY. (R) 3.10 Film: Mr St Nick. (2002) Premiere. Festive comedy starring Kelsey Grammer. 5.00 5 News. 5.15 5.30 Neighbours. (R) 6.00 Home and Away. (R) 6.30 5 News at 6.30. 7.00 Highland Emergency. (R) 7.30 Highland Emergency. (R) 8.00 5 News Update. 8.00 Murder Files: The Sketchbook Killer. A murderer who used his artistic talents to attract victims. 9.00 5 News at 9. 9.05 Body of Proof. A schoolboy's corpse is pulled from a river. 10.00 CSI: NY. (R) 10.55 CSI: NY. (R) 11.50 CSI: Crime Scene Investigation. (R) 12.50 Supercars. 4.00 Nicky Quest. (R) 4.25 HouseBusters. (R) 4.50 Great Scientists. (R) 5.15 Wildlife SOS. (R)

Tuesday

BBC1
5.00 Breakfast. 9.15 Hey Hunters. (R) 10.00 Homes Under the Hammer. (R) BBC News. Weather. 11.00 You've Been Scammed. 11.30 Cash in the Attic. (R) BBC News. Weather. 12.15 Bargain Hunt. (R) 1.00 BBC News. Weather. 1.30 Regional News. Weather. 1.45 Doctors. 2.15 Escape to the Country. 3.00 BBC News. Weather. Regional News. 3.05 CBBC. 5.15 Pointless Celebrities. 6.00 BBC News. Weather. 6.30 Regional News. Programmes. Weather. 7.00 The One Show. 7.30 EastEnders. BBC News. Regional News. 8.00 Holby City. 9.00 Last Tango in Halifax. 10.00 BBC News. 10.25 Regional News. Weather. National Lottery Update. 10.30 Imagine: Simon & Garfunkel: The Harmony Game. (R) 11.50 Film. A Simple Plan (1998) Thriller starring Bill Paxton. 1.45 Weatherwise. 1.50 Sign Zone: Voices. (R) 2.50 Queen of Tigers. Natural World Special. (R) 3.50 Great British Food Revival. (R) 4.50 BBC News.

BBC2
5.00 CBeebies. 11.30 BBC Weather. News. 12.00 Daily Politics. 1.00 Royal Upstairs Downstairs. (R) 1.30 Tr Buy or Not to Buy. (R) 2.15 Weakest Link. (R) 3.00 Real Rescues. (R) 3.45 Flog It! 4.30 Breakaway. (R) 5.15 Put Your Money Where Your Mouth Is. (R) 6.00 Celebrity Eggheads. 6.30 Strictly Come Dancing. – It Takes Two. 7.00 The Harry Hill's Christmas Special. (R) 8.00 MasterChef: The Professionals. 9.00 Cuba with Simon Reeve. 10.00 The Sarah Millican Television Programme. (R) 11.30 Newsnight. Weather. 11.50 Inside Claridge's. (R) 12.20 BBC News. 4.00 BBC Learning Zone.

ITV1
6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Lets Do Christmas with Gino & Mel. 1.30 ITV News. Weather. 1.55 Regional News. Weather. 2.00 Storage Hoarders. 3.00 Dickinson's Real Deal. 3.50 Regional Weather. 4.00 Britain's Best Bakery. 5.00 The Chase. 6.00 Regional News. Weather. 6.30 ITV News. Weather. 7.00 Emmerdale. 7.30 Coronation Street. 8.00 Little Englahs. 8.30 Coronation Street. 9.00 The Poison Tree. 10.00 ITV News at Ten. Weather. 10.30 Regional News. Weather. 10.35 100 Years of The Royal Variety Performance. (R) 12.05 Jackpot247: ITV News Headlines. 3.00 ITV Nightscreen. 2.00 ITV Morning News.

Channel 4
6.10 The Hoobs. (R) 6.35 Hoobi. (R) 7.00 Freshly Squeezed. 7.30 According to Jim. (R) 7.55 Everybody Loves Raymond. (R) 8.25 Everybody Loves Raymond. (R) 8.55 Frasier. (R) 9.25 Frasier. (R) 9.55 Come Dine with Me. (R) 10.30 Come Dine with Me. (R) 11.00 Come Dine with Me. (R) 11.30 Come Dine with Me. (R) 12.00 Come Dine with Me. (R) 12.30 Channel 4 News. Midday Summary. 12.35 Kirstie's Handmade Treasures. 12.50 Film: Went the Day Well? (1942) Second World War drama starring Leslie Banks. 2.40 Countdown. 3.30 1001 Things You Should Know. 4.00 Deal or No Deal. 5.00 Come Dine with Me. 5.30 Jamie's 15 Minute Meals. 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7.00 Channel 4 News. 7.55 Alhoughtiv. 8.00 Is Our Weather Getting Worse? 8.30 Heroes of Rainforest Rescue. 10.00 Rupert Murray's Kitchen Nightmares USA. (R) 11.05 Homeland. (R) 12.10 European Poker Tour. 1.10 KOTV Boxing Weekly. 2.10 Fighting America's Cup. Documentary. 2.05 Beach Volleyball. 3.00 The Great Ethiopian Run. (R) 3.55 The Gra. 4.20 Best of British. (R)

Channel 5
6.00 Milkshake! 9.16 The Wright Stuff. 11.10 The Removal Men. (R) 12.10 5 News Lunchtime. 12.15 Build a New Life in the Country. (R) 1.15 Home and Away. 1.45 Neighbours. 2.15 CSI: NY. (R) 3.10 Film: Mr St Nick. (2002) Premiere. Festive comedy starring Kelsey Grammer. 5.00 5 News. 5.15 5.30 Neighbours. (R) 6.00 Home and Away. (R) 6.30 5 News at 6.30. 7.00 Highland Emergency. (R) 7.30 Highland Emergency. (R) 8.00 5 News Update. 8.00 Murder Files: The Sketchbook Killer. A murderer who used his artistic talents to attract victims. 9.00 5 News at 9. 9.05 Body of Proof. A schoolboy's corpse is pulled from a river. 10.00 CSI: NY. (R) 10.55 CSI: NY. (R) 11.50 CSI: Crime Scene Investigation. (R) 12.50 Supercars. 4.00 Nicky Quest. (R) 4.25 HouseBusters. (R) 4.50 Great Scientists. (R) 5.15 Wildlife SOS. (R)

Wednesday

BBC1
5.00 Breakfast. 9.15 Hey Hunters. (R) 10.00 Homes Under the Hammer. (R) BBC News. Weather. 11.00 You've Been Scammed. 11.30 Cash in the Attic. (R) BBC News. Weather. 12.15 Bargain Hunt. (R) 1.00 BBC News. Weather. 1.30 Regional News. Weather. 1.45 Doctors. 2.15 Escape to the Country. 3.00 BBC News. Weather. Regional News. 3.05 CBBC. 5.15 Pointless Celebrities. 6.00 BBC News. Weather. 6.30 Regional News. Programmes. Weather. 7.00 The One Show. BBC News. Regional News. 8.00 Miniature Britain. 8.00 Traffic Cops. 10.00 BBC News. 10.25 Regional News. Weather. 10.35 The Secret Drama War – Panorama. Nigel Owens. 10.45 Film. 2012. 11.15 The League Cup Show. National Lottery Update. 12.00 Film: Heist. (2001) 1.45 Weatherwise. 1.45 Sign Zone: Bee Hear. (R) 2.15 DIY SOS. The Big Build. Children in Need Special. (R) 3.15 Inside Claridge's. (R) 4.15 BBC News.

BBC2
5.00 CBeebies. 11.30 Daily Politics. 1.00 See Hear. 1.30 Tr Buy or Not to Buy. (R) 2.15 Weakest Link. (R) 3.00 Real Rescues. (R) 3.45 Flog It! 4.30 Breakaway. (R) 5.15 Put Your Money Where Your Mouth Is. (R) 6.00 Celebrity Eggheads. 6.30 Strictly Come Dancing. – It Takes Two. 7.00 The Harry Hill's Christmas Special. (R) 8.00 MasterChef: The Professionals. 9.00 The Hour. 10.00 Best of the Culture Show. 10.30 Newsnight. Weather. 11.20 Great Continental Railway Journeys. (R) 12.20 BBC News. 4.00 BBC Learning Zone.

ITV1
6.00 Daybreak. 8.30 Lorraine. 9.25 The Jeremy Kyle Show. 10.30 This Morning. 12.30 Lets Do Christmas with Gino & Mel. 1.30 ITV News. Weather. 1.55 Regional News. Weather. 2.00 Storage Hoarders. 3.00 Dickinson's Real Deal. 3.50 Regional Weather. 4.00 Britain's Best Bakery. 5.00 The Chase. 6.00 Regional News. Weather. 6.30 ITV News. Weather. 7.00 Emmerdale. 7.30 Coronation Street. 8.00 Little Englahs. 8.30 Coronation Street. 9.00 The Poison Tree. 10.00 ITV News at Ten. Weather. 10.30 Regional News. Weather. 10.35 Film: The Fugitive (1993) Thriller starring Harrison Ford. 12.50 Jackpot247: ITV News Headlines. 3.00 Film: Columbo: It's All in the Game. (1993) Detective drama, starring Peter Falk and Faye Dunaway. 2.00 ITV Nightscreen. 5.30 ITV Morning News.

Channel 4
6.10 The Hoobs. (R) 6.35 Hoobi. (R) 7.00 Freshly Squeezed. 7.30 According to Jim. (R) 7.55 Everybody Loves Raymond. (R) 8.25 Everybody Loves Raymond. (R) 8.55 Frasier. (R) 9.25 Frasier. (R) 9.55 Come Dine with Me. (R) 10.30 Come Dine with Me. (R) 11.00 Come Dine with Me. (R) 11.30 Come Dine with Me. (R) 12.00 Come Dine with Me. (R) 12.30 Channel 4 News. Midday Summary. 12.35 SuperScrimpers. 1.05 Film. The Simpsons (R) 2.30 Hollyoaks. 2.00 Channel 4 News. 7.55 Alhoughtiv. 8.00 Sarah Beeny's Selling Houses. 9.00 British Comedy Awards 2012. 11.05 Micky Flanagan's Out Out Tour. The Tall T. (1957) Western starring Randolph Scott. 2.00 Countdown. 3.30 1001 Things You Should Know. 4.00 Deal or No Deal. 5.00 Come Dine with Me. 5.30 Jamie's 15 Minute Meals. 6.00 The Simpsons. (R) 6.30 Hollyoaks. 7

Food & Drink

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Solution to Our Wasteful Ways: 60-Day Bread?

THE AVERAGE family of four trashes £2,275 worth of food each year, and a third of the bread purchased in the UK ends up in the rubbish bin—but a newly developed technique could help whittle down these depressing figures. As the BBC explains, an American company called Microzap claims to have created a process that can keep bread free from mold for 60 days. As its name implies, the bread is passed under a microwave device that zaps the mold spores, killing them in about 10 seconds.

Bread manufacturers are interested but wary, notes the BBC, which reports that margins are tight in the industry, so an additional cost might be tough to bear. And consumers could be grossed out by the idea of eating bread in December that they bought before Halloween. But there is an additional upside for consumers. Bread treated by the device wouldn't need to contain added preservatives—or the chemicals used to hide the taste of those preservatives. The technique can apparently also be applied to ground turkey, vegetables, and other foods, with one exception: cantaloupe.

'Tis the season for "Moolled Upple" Recipe

WHEN it's freezing outside, it's lovely to indulge in something warm and delicious, and at this time of year Mulled Wine and Mince Pies go down very well!

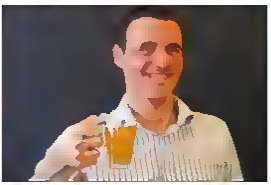
At Amelie and Friends, our Head Chef Joel Massey swears by his grandmother's recipe for mince pies, which he has never been able to better! The bases are crisp and delicate whilst the tops are capped in soft almond frangipane.

To wash the delicious mince meat treats down, we recommend indulging in a generous glass of Mulled Apple Juice. Traditional Mulled Wine contains alcohol but this version offers a perfect non-alcoholic solution, it's suitable for youngsters, nominated drivers, is absolutely delicious and better still, it's super simple to make!

Why not try making it yourself by following these three easy steps:

Mulled Apple Juice Recipe

- Warm a litre of good quality pressed apple juice in a saucepan to just below boiling point.
- Add two dessert spoons of ground mulling spices and leave to simmer. (In the kitchen we use a mix of allspice, cinnamon, cloves, nutmeg and orange peel, but for ease I'd suggest you try the mulling sachets you can find in the spices section of the supermarket. They work just like teabags!)
- After about 10 minutes remove the sachets, ladle into glasses and serve.



[illegible] Restaurant Manager Stephane Bou[illegible]

Our Restaurant Manager Stephane Bouron hails from Nice, in the South of France and often finds our British tastes a little odd. His first reaction was sceptical, 'Why would you want to drink warm apple juice?' But after a few sips he smiled and converted. 'This Moolled Upple is really good!' he said.

So when you are next passing Amelie and Friends, pop inside and ask Stephane if you can sample this delicious 'Moolled Upple' combination for yourself!

Yvonne and Andrew Colver, Proprietors of Amelie and Friends

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e: info@ameliеandfriends.com
Open Mon to Sat 10am until 11pm
Sunday 10am until 4pm

You & Me should try oriental cuisine!

MEGAN HEDGES visited U&Me, the new Chinese & Japanese restaurant in Chichester Gate, and sampled many of their oriental dishes on offer in the all you can eat buffet.

I LOVE Chinese food and I am very particular about where I go to eat it, so I visited U&Me restaurant to see if they lived up to my high standards. I had heard good things about the new restaurant – it has pleasantly filled a gap in the area's market after a number of restaurants in Chichester Gate suddenly closed down in the run up to the recession, leaving the area looking a bit bare, but now it's buzzing with activity again, which can only be good for the city.

The restaurant is vast and the furniture grand, just like Chinese and Japanese history and architecture. The restaurant soon filled up, and I realised it was a popular destination for families – I did wonder why, until I saw that children under 150cm eat for half the adult price! I couldn't help but feel this was a generous offer. How many families right now can afford to take their kids out for a treat to a restaurant? U&Me makes it much easier for families to do this, making it a place for families to build happy memories.

But U&Me are even more generous than that – The buffet on a Saturday is just £14! I have been to quite a few all you can eat buffet in my life, and I can't recall one of them being below £19 (even before the recession, and food prices have increased considerably since then), so I was pleasantly surprised to know that I would be eating well for a really reasonable price. And if you go during the week or at lunchtime, it is even cheaper than that. There's even a take away service!

As I stated before, I am very particular about finding good quality oriental food. But I was not all disappointed – nearly everything you can find on a typical Chinese menu was there – and more! My personal favourites, which I would recommend are beef in black bean sauce, chow mein, satay chicken, sweet and sour chicken and duck pancakes. I can honestly say I have never eaten so many duck pancakes before that day, but they were so delicious, with the moist duck and hoisin sauce, and so in abundance that I couldn't help myself!

There are also plenty of soups and a few vegetarian dishes to make sure that everyone is catered for, and they also offer more higher-end dishes, like pork belly and sushi – That's right, there's a restaurant in Chichester that sells sushi! So if you want to feel a bit more cosmopolitan, like you're in London, I suggest you get down there and sample the treat!

And in case you're not already full up after eating the savoury dishes, there are plenty of desserts to choose from. From ice cream to crepes (cooked by the chef right in front of your eyes) and an abundance of fresh fruit waiting for you to dip in their chocolate fountain flowing in the corner of the restaurant.

Overall, I was very satisfied with U&Me. They offer a great range of dishes, you'd be hard pushed not to find your favourite dish there, meaning that they can pretty much cater for nearly everyone. And at such great prices and offers, how can you say no? I suggest you give them a try, especially if you have a young family and you're looking for a nice day out in town, because we've already experienced how dull Chichester Gate can become when a business fails, and as U&Me are an independent business, we should get behind it so it doesn't succumb to the same fate as previous restaurants there. Thoroughly recommended!

U&Me, Unit R1, Chichester Gate, Leisure Park Terminus Road, Chichester, West Sussex, PO19 8EL. TEL: 01243-778333. A takeaway service is available during restaurant hours.

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Healthy blood sugar levels

Denise Kelly

THIS is probably one of the hardest times of the year to control your diet as there is so much temptation everywhere. Once we begin to get into bad habits we tend to get a little out of control, stating that we will sort it in the New Year! Keeping your blood sugars as stable as possible is very important for your health, and with this festive season upon us, its important to keep as focused as possible so you do not reak havoc with your health going into 2013!

Heres how to do just that.

1. Focus On Including Protein At Breakfast

If you re only going to do one thing, then make sure to eat some protein at breakfast every morning. Aim for at least 10 gms. Alternatively have a green smoothie which is a good alkalizing start to the day with some great super foods thrown in such as maca, for strength, and chlorella for another great natural source of protein. When you get protein first thing in the morning, it sets you up for "normal" blood sugar for the rest of the day.

Some other ideas for a protein breakfast include: eggs (poached, scrambled, fried or in an omelette), a nut milk smoothie with berries and hemp seeds, fish, sprouted bread with nut butter, and plenty of leafy greens in your smoothie. Sounds disgusting, but if you try it with a bit of apple, pear or pineapple its refreshing and delicious!

2. Know That Blood Sugar Response Is Quite Individual

We all react so differently to the same foods. For example, some so-called 'healthy' foods, like whole grains, actually spike blood sugar in some individuals, but not in others. Similarly, watch out for fructose (sugar fruit). To many individuals fructose will spike blood sugar, whereas whole fruit will not, even though whole fruit contains fructose.

Hint: If there s a dish that you like so much you could eat it all the time and in large quantities, chances are really good that it s spiking your blood sugar!

3. Eliminate Wheat

The book, Wheat Belly, by William Davis, explains how gluten found in wheat is often metabolized in the body just like sugar. So if you want to really get serious about your blood sugar, I suggest that you stay away from grains completely for a month or so. You will notice how your body shape becomes more toned too which is always a bonus!

4. Check Your Stress Levels

If you re eating well, but under a lot of emotional stress it may cause high blood sugar. You might also notice that you re putting on weight. Since stress releases cortisol, and cortisol spikes blood sugar, you will find that undue emotional stress will spike your blood sugar. This also explains why coffee on an empty stomach can spike blood sugar. The caffeine causes the body to release cortisol so stay away if you know you are more stressed than you should be.

5. Exercise To Burn Off Excess Cortisol

When you are stressed, the excess cortisol produced by the body is designed to help you run away from the threat! When there were tigers to run from, the body used the cortisol to flee. The problem is that, today our stresses are not the kind you can run away from. So instead of running from the tiger, do ten minutes (or more if you can) of exercise. In an office building, you can walk up and down stairs or up and down the halls. You will be amazed at how effectively this quells the urge to reach for a chocolate bar or a donut. The more you exercise, the better you will naturally want to eat.

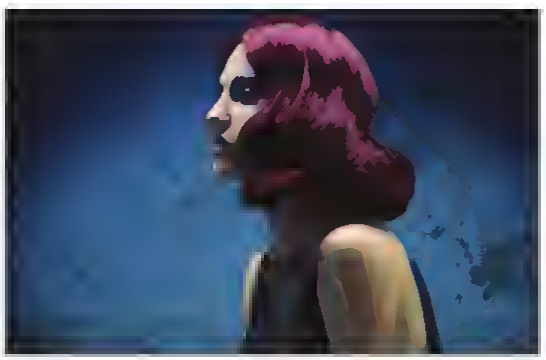
6. Stop Dieting!

If you re going to eat sugar, just be sure to eat some protein and add lots of salad, green vegetables, beans, and other low glycemic foods to the mix. This will go a long way toward keeping blood sugar even. As an added bonus, over time, those with the stable blood sugar are the ones who lose their excess belly fat, too!

* Incorporating these tips will help you set the stage for better health on many levels.

Denise Kelly is a BANT (British Association of Nutritional Therapists) registered Naturopathic Nutritional Therapist. She writes Nutrition Programs for a variety of organisations and has a private practise in Chichester, West Sussex and is the founder of K4 Fit Kidz. Tel: 01243 528040
www.denisekelly.co.uk

Get the look: Wavy lady



ADD A TOUCH of 1930s glamour to your tresses with some vintage style waves this season. The look is salon created by applying a setting lotion to freshly cleansed and conditioned hair, then setting on large rollers and drying under a hood dryer. But it's also a look which can also be created at home by setting on large Velcro rollers, or if you are dextrous when using them - double-barrelled to go.

To style at home

Step 1

Apply a setting agent (such as tecni art pli) to day-old hair to give it 'guts' and help set the waves in place. If using hot rollers, use a heat protective spray too, followed by a setting agent of your choice.

Step 2

Using a Denman pin-tail comb, divide hair into sections (the finer the section, the greater the curl) and wind around Velcro or hot rollers.

Step 3

Once completely dry, brush hair through using the Denman Classic Brush, creating your favoured wave by moulding hair into shape using both the brush and your hands. Finish with a light hold spray.

For more information, visit harlogtons.com.

Hospitals 'full to bursting', claim health monitors

WARDS are often "much, much" fuller than the average occupancy rate of 85 per cent, and around 3 per cent of hospital beds are occupied by elderly people suffering from dementia who would be better cared for outside the health service, it is claimed.

A report by the health care information firm Dr Foster, which the government half owns, claims that wards are so full that they are reaching "dangerous levels" and staff are struggling to maintain the safety and quality of patients' care.

The analysis also found that death rates at more than a dozen hospital trusts in England are "worryingly high".

According to the official statistics, at least 12 trusts have death rates that were higher than expected.

Roger Taylor, the firm's director of research, said: "When occupancy rises above a certain level, patients can't be put onto the wards they should be. It is one of the basic principles of patient safety that you want to have your patients on the right ward.

"When hospitals start getting fuller, they have to start putting patients in the first bed they can find and that starts to increase the risks.

"There is also evidence that infections become much harder to control as hospitals become fuller."

Speaking to Radio 4's Today programme, he added that more frail people over the age of 75 were being admitted to hospital than in the past.

"We are seeing a very rapid rise in emergency admissions amongst these patients and that is putting new pressures on hospitals," he said. "It is much harder to manage."

A lack of beds in specialist wards results in patients being sent to wards where staff may not know how to look after them properly.

Some operations being cancelled because of this "overspill", hospital doctors' leaders say.

The NHS recognises that occupancy rates above 85 per cent make it difficult to give high-quality care, minimise the risk of hospital acquired infections and avoid busy staff making mistakes with medication.

However ministers say hospitals across England do manage to maintain 85 per cent average bed occupancy across the year and the service is flexible enough to cope well with fluctuations in demand.

Jeremy Hunt, the Health Secretary, said the report was "good news" because releasing such data would "drive up standards and improve practice".

"The first thing we need to do is understand how we are performing at the moment, recognising that some areas, some hospitals and some staff are doing things better than others, so all clinicians can learn from the high fliers," he wrote in The Guardian.

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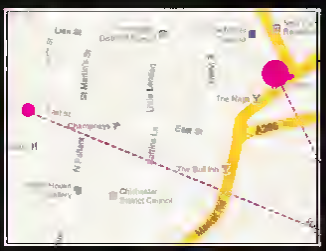

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Fashion

GOT ANY FASHION TIPS?
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Kelly Osbourne celebrates 100th episode of Fashion Police

IT AN impressive milestone for a former reality star So no wonder Kelly Osbourne was so delighted to celebrate making it to the 100th episode of her TV show Fashion Police with her co hosts Joan Rivers, Giuliana Rancic and George Kotsiopoulos

The cool quartet looked delighted as they cut the cake to celebrate their staggering achievement in pictures the heavy metal heiress posted on her Twitter page

Kelly told her fans "100 Episodes of Fashion Police I can't believe it took you so much to all you

She said I would never say anything to anyone that I wouldn't say to their face and that's something I make a real strong point of

But what's amazing to me is what I say and what people hear is a completely different thing Common sense is not common.

"[People] forget that it is a comedy show and it's finally taken 100 episodes of people to start realising that Fashion Police is a fashion based comedy show"

Help for your husband this Christmas!

CHICHESTER retailers Stephen Lawrence Ladies Designer Wear have devised a great way to lend your husband a helping hand this Christmas season

Completely confidential, tucked away from prying eyes and hidden within the shop, you'll find their 'Book of Wishes' - a very special book containing items customers have personally picked out and are lusting after

Customers are invited to add a personalised note of item, size, colour and any other message to their own individual envelope within the book, which only their Husband family member or friend are allowed to open letting them know exactly what is desired for Christmas

"We get quite a high number of panicked, frustrated or unsure gentleman coming into the shop, they know they want to get something beautiful memorable and of high quality, but have no idea as to 'what, exactly" says Peta Goldwinson, Owner of Stephen Lawrence Ladies Designer Wear, "we have always helped them to our best ability but having a go-to book on hand with the exact item their wife has fallen in love with is a saving grace' Now there are no questions about will she or won't she love it, just happy couples on Christmas morning!"

Reportedly, 57% of women this year are expecting to be disappointed with their gifts on Christmas day, a statistic that may shock and offend the men of the nation, but unfortunately not the women. Apparently women have been getting a poor deal for so long, expectations of a well thought out and beautiful gift are near rock bottom They have also begun to buy their gifts themselves, to ensure that they are happy with what they receive, but that's not exactly romantic!

So if you are you racking your brain on to what to get your significant other for Christmas this year and the words "Get me anything Darling" are leaving you no-one-the-wiser and quite frustrated, we suggest you pop along to Stephen Lawrence Ladies Designer Wear to see how it is that they can help you They'll ensure assistance with finding the perfect gift and something that you are confident she will want, rather than something you hope she would like

Stephen Lawrence Ladies Designer Wear can be located at 1 Magnus Court, in the heart of the historic market town of Chichester, just behind the Marks and Spencer's food court They stock a wide range of designer clothing brands such as Joseph, Nicole Farhi and Seven For All Mankind.

Clinton [illegible] and Mary Michele Gallagher

Dress to Impress at your Christmas Party

STEPHEN LAWRENCE
LADIES WEAR

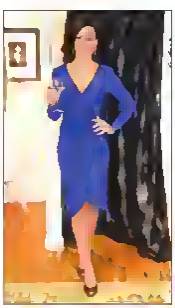
YOUR WORK'S annual Christmas Party is nerve racking. You see these people every day, dressed in your foul-proof uniform and in the comfort of your work environment.

You don't want to come across boring at the dinner table but you also don't want to be the one colleague who goes a little too far, wearing all the cracker hats and dancing to Slade on the table tops after a few too many glasses of the good stuff!

On top of all of this anxiety on how to behave, there is the question of what to wear

Be comfortable. You are about to eat a three course meal and possibly consume a few glasses of alcohol so try to avoid restrictive clothing with zero stretch, you will need some room! Also, try to avoid trousers and opt for a dress, waistbands can get very uncomfortable after that extra helping of Christmas pudding and unbuttoning your fly at the table is not advised!

Ruching is a saviour Look for ruched waist bands, these are placed strategically to flatter areas of concern Highlight your assets, but don't go overboard and end up feeling self-conscious and constantly



adjusting yourself

Wear a heel, even if it's a kitten heel, your posture is instantly straightened and your outfit is emortened up. They also make your legs appear longer and shapelier

If you find yourself choosing between two very different looks, look to word the conservative outfit After all, this is a work function and you may bump into clients Nevertheless, always have fun and add a piece of festive flair, a metallic handbag and heels, sparkling earrings or statement necklace If you have kept the canvas of the outfit simplistic, you can be a little more daring with your accessories!

Stephen Lawrence Ladies Designer Wear can be located at 1 Magnus Court, in the heart of the historic market town of Chichester, just behind the Marks and Spencer's food court. They stock a wide range of designer clothing brands such as Joseph, Nicole Farhi and Seven For All Mankind.

Amazon to launch fashion store

AMAZON is to launch an online premium fashion store on Monday to a bid to take on the likes of Net-A-Porter and ASOS

The US online retailer will launch the new division on "Mega Monday", the busiest online shopping day of the year, The Sunday Telegraph said

Amazon, which reportedly considered a bid for ASOS, is trying to find ways to replicate its success in books and technology with fashion

The new fashion store, located at amazon.co.uk/premium is understood to have signed up brands including 7 For All Mankind, Pringle and Black Orchid

Christopher North, managing director of Amazon.co.uk, told the Telegraph "More and more customers are discovering the benefits of shopping online and we are rapidly expanding our fashion offering with a raft of aspirational brands and on trend products"

Amazon sold more than three million items and took 35 orders per second on Mega Monday last year

According to estimates by Visa Europe, £320 million will be spent online in total. It predicts that December 3 will be the busiest online shopping day ever in the UK.

Marks & Spencer has recruited an additional 800 employees at its UK distribution centres and doubled the number of employees working in its e-commerce call centre

David Wolmsley, multi-channel development director at M&S, said "For months, we've been planning behind the scenes to make sure we're fully prepared to manage the huge uplift in orders we're expecting.

"Christmas can be a hectic time for our customers so we've brought in extra support in our warehouses, customer services and in stores – to make sure that shopping with M&S is as easy and hassle free as possible."

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Brits behind on DIY, says B&Q owner Kingfisher

IF IT AIN'T BROKE, don't fix it, or so the saying goes. But according to Kingfisher, even the broke things aren't getting fixed these days. B&Q's like-for-like sales (which don't include new stores) in the UK have fallen 4% to £906m in the three months to 27 October.

The home improvement giant cites the generally weak consumer backdrop, brought about by the recession, for the poor third-quarter showing. Across the whole group, revenue stands at £2.7bn, down 3.9% on last year.

However, by hiking up prices and cutting costs, Kingfisher has managed to plump up its retail profits. Across the international business, which includes Castorama and Brico Depot in France, retail profits are up 0.1% to £257m. In the UK, B&Q has managed a profit increase of 1.7% to hit £45m. There's a lot of net cash sitting on the balance sheet too - at last count Kingfisher has £222m to spend next year.

Screwfix, Kingfisher's wholesale business aimed at the UK's smaller tradesman market, has also had a cracking three months. It's new catalogue and the launch of a newfangled 'click, pay and collect' service has been a roaring success. Total sales are up 10.9% to £149m and retail profit has hit £14m, up 19.8% on last year.

Ian Cheshire, group CEO, seems content with the DIY chain's performance. Kingfisher is in good shape and I remain enthusiastic about our longer-term prospects, he says. He deserves a pat on the back for the part he's played in Kingfisher's profit boost. Cheshire's new strategy of cutting out the middlemen to source products direct from manufacturers has sliced a lot of fat from the chain's costs.

Not that the markets are all that impressed. With no end to the consumer gloom in sight, Kingfisher shares fell 4.2% to 276.5p this morning.

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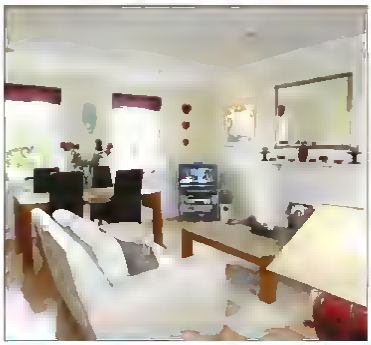

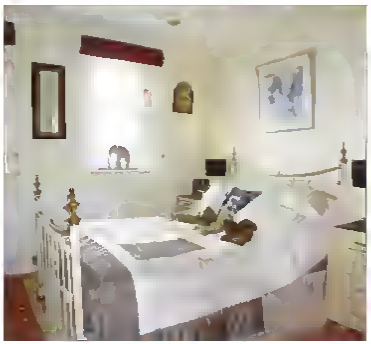

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FONTWELL £475,000

An extensively refurbished and extended detached brick and flint cottage situated between Chichester and Arundel new gas c.h. wiring and plumbing reception hall, triple aspect lounge and vaulted ceiling conservatory newly fitted kit/ark rm sitting rm/study gr fl bed with en suite three further bedrooms two bathrooms, dble and single garage gardens of approx 1/3 of an acre Potential annexe planning approval for ground floor master bedroom

ALDWICK £625,000

A detached four/five bedroom residence situated on the beach front of a private marine estate, central heating by air source heat pump, u.P.V.C. dble glazed u.P.V.C. fascias and soffits fitted carpets sec. alarm ground floor shower room ground floor bedroom/study kitchen/breakfast room utility room further w.c. first floor living room with full width balcony and panoramic sea views master bed room with dressing room and en suite shower room, guest bedroom with en suite shower room, two second floor bedrooms with bathroom double garage South facing garden fronting the private beach

ALDWICK BAY ESTATE £670,000

A spacious detached house situated in quiet cul de sac of private marine estate within 100 yards of the private beach The current owners have carried out a comprehensive programme of extension and modernisation G.F.H. u.P.V.C. double glazing fascias & soffits cavity wall insulation, cloakrm lounge dining rm, sitting rm kit/breakfast rm master bed rm with en suite bathrm four further bedrms second bathrm shower rm conservatory integral garage and gardens including a secluded courtyard garden with heated swimming pool

ALDWICK £597,500

A superbly presented New England style detached family house situated on a good sized plot less than half a mile from local shopping facilities and the beach The current owners have made the property the subject of a comprehensive programme of refurbishment and modernisation over the course of the last 3 years G.F.H. u.P.V.C. dble glazing replacement wiring plumbing & sanitary ware etc., a cloakrm a triple aspect lounge spacious kit/dining rm utility rm study/tv room an impressive master bedrm suite with vaulted dressing rm & luxury en suite bathrm 3 further bedrms family bathrm an integral garage & well maintained gardens to the front and rear

CRAIGWEIL PRIVATE ESTATE £465,000

A detached cottage style house situated in a cul-de-sac of the private estate just 300 yards from the private beach G.F.H. u.P.V.C. d/glazing triple aspect lounge good sized dining room fitted kitchen with separate utility room cloakroom four bedrooms (one with walkin wardrobe/storage area) bathroom garage and delightful mature gardens

NYETIMBER £425,000

A detached family house with attached self contained annexe situated in a cul-de-sac. The property is built on a larger than average plot. The specification includes g.f.h. dble glazing cloakrm lounge, dining rm, study kitchen utility rm master bed rm with en suite shower rm, three further bedrms, bathrm. Self contained annexe with large living room incorporating a kitchenette a bedrm and shower rm. The property benefits from a large plot with brick paved parking areas and a good sized lawned garden

ALDWICK BAY ESTATE £275,000

A three bedroom ground floor apartment situated in a quiet cul-de-sac of the Aldwick Bay private marine estate approx 300 yards from the private beach gas c.h. u.P.V.C. dble glazed, fitted carpets dual aspect living room opening to a South facing courtyard garden, living hall kitchen three bedrooms, bathroom cloakroom, garage and communal gardens.

Is no news good news for the property market?

• While the autumn statement seemed to offer little to boost flat mortgage market, results of Bank scheme are yet to be seen.

SO, where was residential property in the Autumn Statement? On the face of it, nowhere

No mansion tax - this was largely leaked prior to the statement - and an increase in stamp duty land tax were welcomed by those owning or planning to purchase higher-value properties, while there was just a fleeting mention of the £70bn funding for lending scheme and the plan to build 120,000 new homes

No real surprises there but sometimes the solution just needs time

Following the reducing impact of quantitative easing on lending, the FLS is in its early days with the first drawdowns totalling £4.4bn only announced last week. However, as those looking for mortgages today should be able to confirm, the market seems to be competing for business again

Lower loan-to-value mortgages can now be obtained at under 2 per cent with even five-year fixed rates from under 3 per cent, which reflects a fall of at least 0.5 per cent on rates available prior to the scheme's launch.

Also, interestingly, last week Nationwide building society reduced many of its products by up to 0.7 per cent, including those available to borrowers looking for 90 per

cent.

The key to the economy is to get the banks lending again. Not just to those who have been able to borrow throughout the credit crunch but also to those who would have expected to have been able to borrow - first time buyers and next time buyers with lower deposits

Affordability of borrowing has never been better but the availability needs to improve. Criteria restrictions are still too tight with many borrowers are paying a higher rent than lenders believe they can afford as a mortgage payment. Until this area is approached head on, the door to homeownership for many remains locked.

Maybe FLS is the key to an improved housing market and maybe the chancellor has decided to await the outcome. Sometimes, just sometimes, no news is good news

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Motors

How to spot problems with your car before it gets costly

SPONGY BRAKES, a stiff steering wheel and excessive vibrations are among the multiple signs that your car could be heading for a break down, warns carhiremarket.com, which has launched a guide on the top car problems to look out for to save hefty garage costs and insurance premiums

The guide from car hire comparison site Carhiremarket.com is ideal for all, including first time drivers, and sets out the early warning signs that your motor is feeling under the weather. Perfect for the glove compartment, the guide highlights the 7 small problems that could turn into big issues if you choose to ignore the first warning signs

The full version of the "Drive Safe, Spend Safe" guide is available to download from Carhiremarket.com. Tips include

Spongy brake pedals – If your brake pedal easily reaches the floor and feels soft, this could be a sign that you have little brake fluid or there is an air leak in the system

Stiff steering wheel. In modern cars this could be the result of a leak in the power steering and has the potential to be extremely expensive if left untreated. Power steering fluid can leak out to the underneath of the car, so check for any obvious signs

Excessive vibrations. A vibration that appears above a certain speed should point you in the direction of the wheels, driveline and suspension. A vibration or noise that only occurs when accelerating or coasting typically indicates a problem in the drive line

Andrew Sharrock, Marketing Manager at carhiremarket.com, comments: "Ignoring nagging signs of a fault can leave drivers with bigger costs in the long run. Young drivers in particular could be forgiven for not wanting to take a trip to the garage for fear of the costs involved but delaying could just cause more financial damage. We wanted to highlight some of the common alarm bells to help drivers of all ages drive safely and save money, whether in their own car or the sporty run around they have rented for a holiday."

For more information and to get the best deal on car hire, visit carhiremarket.com.

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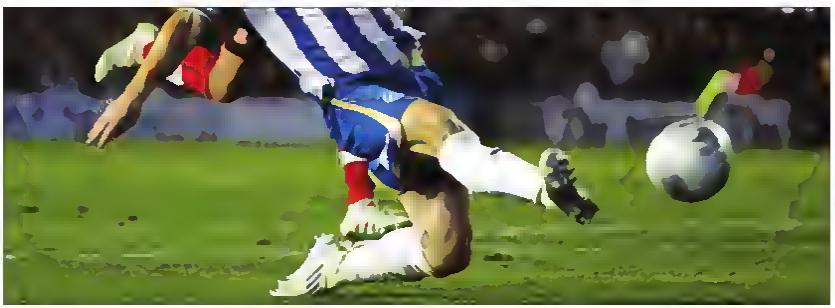
The numbers do stack up

Johnny Cantor



I'M NOT really a fan of statistics. After all economists and politicians spend hours manipulating them to best effect.

However, sometimes they do tell a story. In preparation for this weekend's trip to Charlton I began to look at some of the figures. Charlton are certainly in form with 4 wins and 2 draws in their last 6 games. But what of the Albion?

2 points and 2 places off the play-off places. Verdict: Solid but could have had more points.

Two other stats tell some of the story. Albion have not lost when they have scored first. On the other side of the coin, they have not won when they have conceded first.

They thrive when in control but sometimes struggle to wrestle back a deficit. Of course decisions from referees and injuries have a major bearing on games. Albion's distinctive style of play will probably reinforce both these statistics.

But for me the overriding figure that gives the clearest picture so far is this. Four out of 5 of Albions defeats this season have been by just one goal. It's a fact that Brighton and Hove Albion are difficult to beat. (Even when they are down to 10 men !) That fact will hold them in good stead for the rest of the season.

For these looking for cheer after last weekends trip to South London, according to one statistic website, Albion have scored 3 in the last 5 minutes while Charlton have conceded 4 in last 5 minutes so there should be goals at the Valley, but hopefully and more poignantly, Albion have won in their last 2 visits.

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Football

Local support loads City's young guns

PLAYERS and Staff at Chichester City F C are delighted by their new partnership with Marsala Gate Indian Restaurant (The Hornet, Chichester) The club have agreed a deal with restaurant owner Murad Hossain to become main kit sponsors and are confident that the, along with the significant additional support of The Nags Head, The Vintage Bar, Bella Pizza, The Charcoal Grill & Carrera Porsche will signal the start of a bright new future for the club It is hoped that now as they start to rebuild the senior men s teams around local, young talent, the public s support of the players on the pitch will follow

With this in mind, the club would like to invite as many people as possible to get along to Oaklands Park this Saturday take a look at their new facilities and support the City s young side against Ringmer in the Sussex County League Kick Off is 3pm and entry will be FREE for all of this fixture Then, on Sunday, take a look at the senior Ladies team who have a huge game against Swindon in the first round proper of the F A Cup K O 2pm at Oaklands Park. Entry for this game will be free to U18 s but, because of F A. rules a nominal charge of £2.00 will be made to all others

There is a real feeling that things are turning around at a club who have had their fair share of troubles in the past. City s problems in recent years have been well publicised and, since the completion of their new clubhouse at Oaklands Park in 2011, have had to fight hard for their very existence A breakdown of communication with landlords Chichester District Council, inherited club debts and internal disputes have all contributed to the deterioration of circumstances that reached their climax 18 months ago, when the club came within 24 hours of its end. The Clubs' directors have, since then, set about repairing relationships with the District Council, organising the finances and fixing the in-club differences and structure

Newly appointed Chairman, Michael Maddox, is overwhelmed by the support received in recent weeks and said "It has been an extremely testing time for everyone involved at the club over the past few years and it is fair to say that it is the senior men s teams that have been the hardest hit by the problems We are focussing very much on the development of local young talent and, whilst we are sure this is the correct strategy for the long term ambitions of the club, it does mean that we are operating with an extremely inexperienced squad who, whilst being committed and talented have, as you would expect, found it tough adjusting to the demands of senior men s football. The support and sponsorship of local businessmen like Murad will be a real shot in the arm for all of our staff and players and this, along with the improvement in our financial position and the imminent completion of our lease over the ground is a real morale booster This club has a long and proud history and we are starting to believe we can now look forward to the next chapter of the men's story positively

Whilst acknowledging the problems experienced off of the pitch have affected the state of the men s teams, the clubs board are proud that, against the odds, they have managed to maintain their position in step 5 of the national league system They have also worked tirelessly to ensure the overall problems have not had a knock on effect on the other sections of the club and point out that in spite of the poor situation, there have been recent and current successes of which the club are proud The U18 s are undefeated, back to back champions of the County Youth league, with the current crop of U18 s looking to emulate their predecessors themselves, sitting, as beaten at the top of the league The youth section continues to be amongst the leading clubs in the County, offering high levels of coaching and successful competition for local boys aged 6 16 The senior ladies have excelled, progressing to the third tier of the national game and working hard to establish a new girls youth section that provides affordable footballing opportunity to junior girls in the District and lay the foundations for a long, future at the top of ladies football

Sussex County Football League

DIVISION 1

Team	P	W	D	L	F	A	GD	PTS
PEACEHAVEN & TELS.	29	20	7	2	85	31	54	40
RYE UNITED	31	21	4	6	90	50	40	35
EAST PRESTON	28	18	6	4	70	32	38	39
HASSOCKS	32	19	4	9	78	49	29	35
REDHILL	29	16	2	8	56	31	25	35
RINGMER	28	17	4	7	56	43	13	32
LANCING	30	18	1	11	88	47	41	31
EAST GRINSTEAD TOWN	33	17	5	11	92	54	38	30
LINGFIELD	29	15	6	8	75	61	14	30
FAGHAM	28	15	4	9	63	51	12	29
ST FRANCIS RANGERS	32	16	5	11	52	54	-2	27
HORSHAM YMCA	29	14	1	14	78	52	26	25
SIDLEY UNITED	30	10	8	12	56	62	-6	22
CROWBOROUGH ATHLETIC	31	12	2	17	58	79	-21	22
ARUNDEL	32	9	8	15	41	71	30	22
DORKING WANDERERS	30	8	6	16	47	65	-18	18
SHOREHAM	31	10	1	20	50	78	28	19
HAILSHAM TOWN	28	11	0	15	53	64	-11	18
SELSEY	31	7	7	17	27	53	26	16
CHICHESTER CITY	33	3	5	25	38	95	57	9
AFC UCKFIELD	29	3	5	21	42	100	58	9
WORTHING UNITED	28	0	5	24	29	102	-73	3

DIVISION 2

Team	P	W	D	L	F	A	GD	PTS
NEWHAVEN	25	18	6	1	73	33	40	36
LITTLEHAMPTON TOWN	23	17	4	2	75	20	55	32
LITTLE COMMON	22	14	3	5	72	28	44	29
BROADBRIDGE HEATH	26	14	6	6	63	40	23	28
EASTBOURNE UNITED AFC	22	13	5	4	69	33	36	27
PEACEHILL UNITED	22	11	9	2	61	37	24	26
WESTFIELD	22	13	4	5	59	33	26	25
LOXWOOD	26	10	6	10	55	42	13	20
SOUTHWICK	25	10	2	14	53	60	1	18
MIDHURST & EASEBOURNE	21	8	7	6	56	44	12	18
MILE OAK	25	7	9	9	54	51	3	18
SEAFORD TOWN	20	7	6	7	35	43	-8	17
WICK	23	9	2	12	50	60	10	16
OAKWOOD	25	5	5	15	38	65	-26	12
STORRINGTON	27	6	5	16	35	70	-35	12
STEYNING TOWN	24	3	7	14	51	64	-13	10
RUSTINGTON	22	3	3	16	26	70	-44	8
SALTDEAN UNITED	25	0	1	24	20	159	-139	1

DIVISION 3

Team	P	W	D	L	F	A	GD	PTS
SIDLESHAM	17	14	3	0	70	21	49	26
BILLINGSHURST	15	12	1	2	45	19	26	22
HAYWARDS HEATH TOWN	15	11	3	1	44	10	34	20
BARNHAM	16	9	1	6	50	30	20	19
UCKFIELD TOWN	15	10	2	3	39	20	19	17
CLYMPING	17	7	3	7	21	30	-9	14
ROFFEY	17	5	4	8	35	35	0	11
IFIELD	17	5	2	10	35	46	-11	11
FERRING	15	3	4	8	24	50	-26	9
ROTTINGDEAN VILLAGE	21	5	0	16	29	76	-47	9
TD SHIPLEY	15	2	1	12	13	47	-34	4
HURSTPIERPOINT	14	2	0	12	11	32	-21	3

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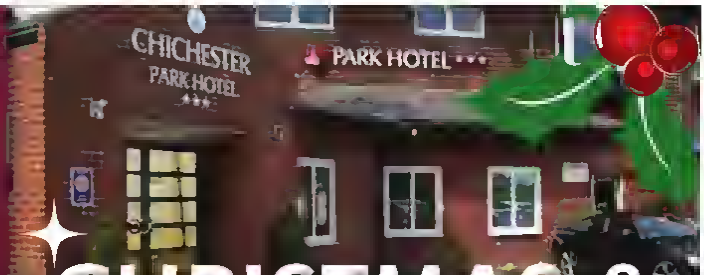

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